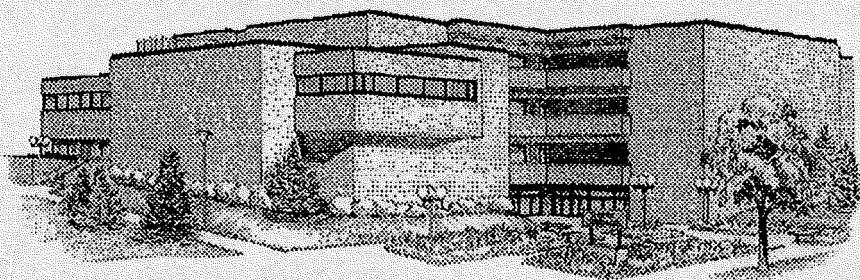


FAVORITE RECIPES

*Nutrition and Foods
Association*



Home Economics Building

University of Wisconsin-Stout
Menomonie, Wisconsin

FAVORITE RECIPES

*Nutrition and Foods
Association*

Gladys Earl, Editor
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A Note About NFA

The Nutrition and Foods Association has been a recognized student organization at the University of Wisconsin-Stout since 1959. The support of the dedicated active members and faculty advisors has contributed to the success of the organization. NFA has been acknowledged for many contributions to the University and city of Menomonie through fund raisers and donations. NFA's objectives are to promote nutrition education within the University and community, establish unity among dietetics students, and increase awareness of the dietetics profession.

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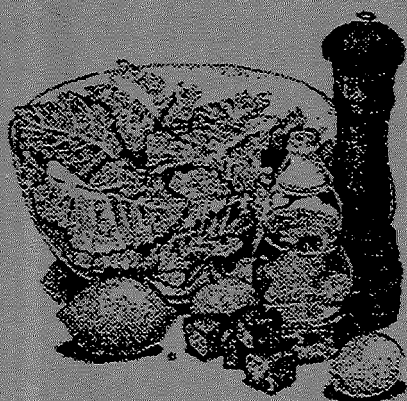
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Soups & Salads

FISH CHOWDER

1 medium onion, finely chopped
2 tablespoons (30 mL) margarine
1 tablespoon (15 mL) all-purpose flour
1 pound (500 g) imitation crab meat
2 cans (10 oz/300 g) cream of potato soup
1 can (10 oz/300 g) Cheddar cheese soup
4-1/2 cups (1125 mL) skim milk
2 medium cooked potatoes, cubed
Salt and pepper to taste

1. In large saucepan, saute onion in margarine. When onions are soft, add flour; stir.
2. Add crab meat, soups, milk, potatoes, salt and pepper.
3. Simmer over medium heat (do not boil) for 40 to 60 minutes, stirring occasionally.

—*Naomi Hamann*

APPLE TAFFY SALAD

- 1/2 cup (125 mL) sugar
- 1 tablespoon (15 mL) all-purpose flour
- 1 egg, beaten
- 2 tablespoons (30 mL) cider vinegar
- 1 can (8 oz/240 g) crushed pineapple, drained
(reserve juice)
- 4 cups (1 L) Red and Golden Delicious apples,
cut into pieces
- 1 cup (250 mL) Spanish peanuts
- 1 container (8 oz/240 g) Cool Whip

1. In medium saucepan, combine sugar, flour, egg, vinegar, and pineapple juice.
2. Cook over medium heat, stirring constantly, 2 to 3 minutes, until thickened; cool.
3. Stir in pineapple, apples, nuts, and Cool Whip.
4. Cover; refrigerate.

-Faye Braun

ITALIAN VEGETABLE SOUP

1 pound (500 g) ground beef
1 cup (250 mL) diced onion
1 cup (250 mL) sliced celery
1 cup (250 mL) sliced carrots
2 cloves garlic, minced
1 can (16 oz/500 g) tomato sauce
1 can (15 oz/450 g) red kidney beans, undrained
2 cups (500 mL) water
5 teaspoons (25 mL) beef bouillon granules.
1 tablespoon (15 mL) parsley flakes
1 teaspoon (5 mL) salt
1/2 teaspoon (2 mL) oregano
1/2 teaspoon (2 mL) sweet basil
1/4 teaspoon (1 mL) black pepper
2 cups (500 mL) shredded cabbage
1 cup (250 mL) frozen green beans
1/2 cup (125 mL) elbow macaroni
Parmesan cheese, to taste

1. In large, heavy kettle, brown beef; drain.
2. Add all ingredients except cabbage, green beans, and macaroni and cheese.
3. Bring to boil. Lower heat; cover; simmer 20 minutes, stirring occasionally.
4. Add remaining vegetables; simmer until vegetables are tender. Sprinkle with cheese.

-Debra Sheats

CARAMEL APPLE SALAD

- 1 bag (14 oz/420 g) caramels
- 4 large Granny Smith apples, cored, cut into medium-sized pieces
- 1 can (20 oz/600 g) pineapple tidbits, drained
- 1/2 jar (16 oz/500 g) dry roasted peanuts
- 1 container (12 oz/360 g) Cool Whip

1. Cut each caramel into 4 pieces.
2. In medium mixing bowl, mix all ingredients.
3. Refrigerate until ready to serve.

—Kim Shafer

TANGY MEDITERRANEAN SOUP

2 tablespoons (30 mL) olive oil
2 teaspoon (10 mL) minced garlic
2 cups (500 mL) tomatoes, chopped
3 cups (375 mL) water
1 teaspoon (5 mL) dried basil
1 can (15 oz/450 g) chickpeas
1 chicken bouillon cube
1/2 teaspoon pepper
1 cup (250 mL) small shell pasta
2 tablespoons (30 mL) grated Parmesan cheese

1. In large saucepan, heat oil. Saute minced garlic until brown. Add tomatoes, water, and basil; simmer 20 minutes.
2. Add chickpeas, bouillon, and pepper. Stir well; simmer 10 minutes.
3. Bring to boil. Add pasta; cook 10 minutes.
4. Stir in Parmesan cheese. Makes 4 servings.

—Scott Weber

BROCCOLI-CHEDDAR CHEESE SOUP

5-1/2 cups (1375 mL) milk
1-1/2 cups (375 mL) chopped broccoli
3 tablespoons (45 mL) chopped onion
2 tablespoons (30 mL) unsalted butter, melted
1 tablespoon (15 mL) all-purpose flour
2 cups (500 mL) shredded Cheddar cheese
1 tablespoon (15 mL) salt

1. In large saucepan, simmer milk, stirring frequently.
2. Add broccoli and onion; cook until tender.
3. In small mixing bowl, combine butter and flour; stir into broccoli mixture.
4. Cook 3 minutes, stirring constantly.
5. Remove from heat; stir in cheese and salt.

—Sarah Skulstad

GLORIFIED RICE

- 1 cup (250 mL) boiling water
- 1 package (3 oz/90 g) lemon, cherry, or orange gelatin
- 1 can (8 oz/240 g) crushed pineapple, undrained, chilled
- 1 cup (250 mL) instant rice, cooked, cooled
- 1 cup (250 mL) whipping cream
- 1/4 cup (50 mL) sugar
- 1 teaspoon (5 mL) vanilla extract
- 2 cups (500 mL) miniature marshmallows
- Maraschino cherries, halved

1. In small mixing bowl, add water to gelatin; stir until dissolved.
2. Add pineapple; chill until set.
3. In medium mixing bowl, beat whipping cream; gradually add sugar and vanilla; continue beating until soft peaks form.
4. Add rice, gelatin, and marshmallows to whipped cream; stir.
5. Garnish with maraschino cherries.

-Amy Sylla

PINEAPPLE WALDORF SALAD

- 1 can (20 oz/600 g) pineapple tidbits, drained
- 1 red apple, cored, cut into chunks
- 1 tart apple, cored, cut into chunks
- 1-1/2 cups (375 mL) chopped walnuts
- 1 cup (250 mL) sliced celery

Dressing

- 3/4 cup (175 mL) plain yogurt
 - 3 tablespoons (45 mL) brown sugar, firmly packed
 - 1 teaspoon (5 mL) fresh grated lemon zest
 - 1/2 teaspoon (2 mL) vanilla extract
 - 1/4 teaspoon (1 mL) ground cinnamon
- Salad Greens

1. In medium mixing bowl, mix pineapple, apples, walnuts, and celery.
2. In small mixing bowl, mix remaining ingredients; stir into pineapple mixture.
3. Spoon onto salad greens. Makes 4 servings.

—Trudy King

CREAMY POTATO SOUP

3 raw potatoes, pared, diced
1/4 cup (50 mL) shredded carrots
1/4 cup (50 mL) chopped celery
1/4 cup (50 mL) chopped onion
1 tablespoon (15 mL) butter)
3 cups (750 mL) low-fat milk
Salt and pepper, to taste

1. In small stockpot, mix potatoes, carrots, and onion. Add enough water to cover; cook until tender.
2. Add butter and milk; heat until very hot; stirring frequently. Do not boil.
3. Add salt and pepper. Makes 4 servings.

Note: For a thicker soup add instant mashed potato flakes.

— *Trudy King*

BROCCOLI BACON SALAD

This recipe is a variation of my mother's. It's not particularly original, but so good, no cookbook should be without it! People who normally eat 1/2 servings for 5-A-Day fruits and vegetables will eat 2 servings!

6 cups (1500 mL) broccoli florets
2 slices bacon, divided
1/4 cup (50 mL) raisins
1/4 cup (50 mL) sunflower seeds
1/2 cup (125 mL) light mayonnaise
1/4 cup (50 mL) sugar
3 tablespoons (45 mL) white vinegar
1/2 small, mild onion, minced
Paprika

1. Microwave broccoli for 3 to 4 minutes.
2. Fry bacon; drain and crumble; set aside.
3. In medium mixing bowl, blend mayonnaise, sugar, and vinegar until smooth.
4. Add remaining ingredients except sunflower seeds. Reserve one-fourth bacon and paprika for garnish.
5. Chill; garnish. Makes 6 to 8 servings.

Note: For color, chopped red pepper is a great holiday addition if dried cranberries are not available.

—Anita Wilson

RAMEN SALAD

- 1 bag (16 oz/500 g) coleslaw mix
- 1 small onion, chopped
- 1 package (3 oz/90 g) chicken flavored ramen noodles, crushed, uncooked
- 1/3 cup (75 mL) olive oil
- 1/4 cup (50 mL) rice wine vinegar
- 1/2 cup (125 mL) slivered almonds

1. In salad bowl, mix coleslaw, onion, and ramen noodles.
2. In small mixing bowl, mix seasoning packet from ramen noodle package, with oil and vinegar. Add to salad ingredients; toss. Stir in almonds. Makes 6 to 8 servings.

Note: For best flavor, add dressing 30 to 45 minutes before serving.

—Kim Shafer

PERFECT POTATO SALAD

5 cups red potatoes, pared, cooked, sliced
1 teaspoon (5 mL) salt
2 teaspoons (10 mL) sugar
1/2 teaspoon (2 mL) celery seed
2 teaspoons (10 mL) white vinegar
1/2 cup (125 mL) chopped onion
1 cup (250 mL) chopped celery
1/2 cup (125 mL) sweet pickle relish
1 to 1-1/2 cups (250-375 mL) Miracle Whip
salad dressing
4 hard cooked eggs, sliced, divided
Paprika

1. In large mixing bowl, mix potatoes, salt, sugar, celery seed, and vinegar.
2. Add onion, celery, and relish. Stir in salad dressing; mix well.
3. Stir in 2 to 3 eggs; garnish with remaining eggs and paprika.

-Connie Galep

STRAWBERRY SURPRISE JELLO MOLD

- 1 package (6 oz/180 g) sugar-free strawberry Jello
- 2 cups (500 mL) boiling water
- 1 large banana, mashed
- 1 package (10 oz/300 g) frozen strawberries, thawed
- 1/2 cup (125 mL) Grape Nuts cereal
- 1 cup (250 mL) fat-free sour cream

1. Add Jello to water; stir until dissolved; cool.
2. In medium mixing bowl, mix banana, berries, and Grape Nuts; add to Jello.
3. Pour half of mixture into 9x13-inch (23x33 cm) pan; refrigerate until set.
4. Spread sour cream over top.
5. Spread remaining banana mixture over sour cream; refrigerate. Makes 8 servings.

Source: *Fat Free Living Cookbook*

—Angie Miatke

SIMPLE CHILI

1 pound (500 g) hamburger
Salt and pepper, to taste
2 ribs celery, chopped
2 medium onions, chopped
1 can (15 oz/450 g) kidney beans
1 can (10.5 oz/315 g) tomato soup
2 teaspoons (10 mL) chili powder

1. In small stockpot, brown hamburger, drain grease.
2. Add salt, pepper, celery, and onion; cook until tender, stirring frequently.
3. Add remaining ingredients; stir. Cover; simmer 2 hours, stirring occasionally.

—Connie Galep

JELL-O MOLD

- 2 cups (500 mL) boiling water
- 1 box (8 oz/240 g) orange Jell-O
- 1 can (4 oz/120 g) mandarin oranges, undrained
- 1-3/4 cup (425 mL) Cool Whip; thawed
- 1 cup (250 mL) marshmallows

1. In medium mixing bowl, stir water into Jell-O; add juice from oranges. Refrigerate 1 hour or until slightly thick.
2. Stir in Cool Whip with wire whisk until smooth; refrigerate 10 minutes.
3. Stir in oranges and marshmallows; pour into mold or serving bowl. Refrigerate until firm. Makes 10 servings.

—Sara Menor

BROCCOLI CHEESE SOUP

- 1 can (40 oz/1250 mL) chicken broth
- 1 pound (500 g) cheese slices
- 1 pound (500 g) frozen broccoli or
broccoli-cauliflower blend

1. In large saucepan, heat broth and broccoli on medium-low heat.
2. Add cheese, one slice at a time; stir often.
3. Serve when cheese is melted and soup is hot.

—NFA Member

SPICY MULTI-BEAN CHILI

- 1 can (15 oz/450 g) black beans
- 1 can (15 oz/450 g) pinto beans
- 1 can (15 oz/450 g) kidney beans
- 3 cans (28 oz/750 g) crushed tomatoes
- 2 cups (250 mL) water
- 1 tablespoon (15 mL) onion powder
- 1 tablespoon (15 mL) minced garlic
- 1/4 cup (50 mL) chili powder
- 1 tablespoon (15 mL) ground cumin
- 1 tablespoon (15 mL) dried oregano
- 1 teaspoon (5 mL) dried basil
- 1 tablespoon (15 mL) Tabasco sauce
- 1/4 teaspoon (1 mL) cayenne pepper

1. In 5-quart (5 L) slow cooker, combine beans, tomatoes and water.
2. Add remaining ingredients slowly, while stirring.
3. Cover; cook about 8 hours on low heat, stirring occasionally.

—NFA Member

CAJUN RED BEAN SOUP

2 cups (500 mL) dried kidney beans
3 quarts (3 L) water
1/2 pound (250 g) hot Italian sausage
1/4 pound (125 g) ham, diced
2 large cloves garlic
1 teaspoon (5 mL) black pepper
1/4 teaspoon (1 mL) cayenne pepper

1. Soak beans overnight. Drain; rinse. Add water; cook over low heat.
2. In small frying pan, saute sausage and ham until browned. Slice sausage into 1/4-inch (6 mm) slices.
3. Add sausage, ham, garlic, pepper and cayenne pepper to beans. Simmer 2 hours, stirring occasionally.

—Lori Vavrek

FRENCH ONION SOUP

1 tablespoon (30 mL) olive oil
6 cups (1500 mL) sliced onions
1 teaspoon (5 mL) sugar
2 quarts (2 L) beef broth
1/2 cup (125 mL) white wine (optional)
6 slices French bread, toasted

1. Heat oil in 4-quart (4 L) stockpot; add onions; saute, stirring occasionally. Cover; cook over medium-low heat until tender.
2. Add sugar; stir about 10 minutes; cook until golden brown. Add stock; cover; simmer until onions are soft, about 15 to 20 minutes. Add wine if desired.
3. Top each serving with a slice of toasted French bread. Makes 8 servings.

Source: *How To Lower Your Cholesterol & Beat the Odds of a Heart Attack.*

—Judy Buechner

RASPBERRY SALAD

Crust

- 2 cups (500 mL) crushed pretzels
- 1/2 cup (125 mL) sugar
- 1/4 cup (50 mL) butter or margarine, melted

Second Layer

- 1 package (8 oz/240 g) cream cheese
- 1 container (16 oz/500 g) Cool Whip
- 1 cup (250 mL) sugar
- 1 teaspoon (5 mL) vanilla extract

Top Layer

- 1 package (6 oz/180 g) raspberry flavored gelatin
 - 2 cups (500 mL) boiling water
 - 1 package (10 oz/300 g) frozen raspberries, sweetened, unthawed
1. Preheat oven to 350°F (180°C).
 2. In medium bowl, mix crust ingredients together; pat in ungreased 9x13-inch (23x33 cm) pan.
 3. Bake 8 minutes; cool.
 4. In medium bowl, mix ingredients for 2nd layer; pour over crust. Refrigerate until firm.
 5. To prepare top layer, dissolve gelatin in water; add raspberries. Mix well; set aside until mixture cools and begins to gel.
 6. Spoon over 2nd layer; refrigerate until set.

Note: Can be served as a dessert.

-Mary Pat Fox

DARIAL'S ORIENTAL SALAD

Dressing

1/2 cup (125 mL) sugar

1/2 cup (125 mL) cider vinegar

1/2 cup (125 mL) vegetable oil

Salad

2 packages (16 oz/500 g) coleslaw mix

1 can (11 oz/330 g) mandarin oranges (optional)

1/2 cup (125 mL) slivered almonds

1/4 cup (50 mL) sunflower seeds

Green onions

1. In small bowl, mix sugar, vinegar and oil; set aside.
2. In large bowl mix coleslaw, oranges, almonds and sunflower seeds.
3. Just before serving add dressing to coleslaw mixture; add noodles. Garnish with onions, if desired. Makes 10 to 12 servings.

-Darial Clark

POTATO SALAD

This salad is perfect for picnics.

7 medium cooked potatoes, diced
4 hard cooked eggs, peeled, sliced
1/2 cup (125 mL) onions, finely chopped
2 cups (500 mL) Miracle Whip
3 tablespoons (45 mL) prepared mustard
2 tablespoons (30 mL) cider vinegar
1/4 cup (50 mL) sugar
Salt and pepper to taste

1. In large bowl, mix all ingredients together; refrigerate.

—Naomi Hamann

HAWAIIAN DAIRY DELIGHT

This original recipe was a grand prize winner in the salad category of the North Country Cookin' Contest in 1989.

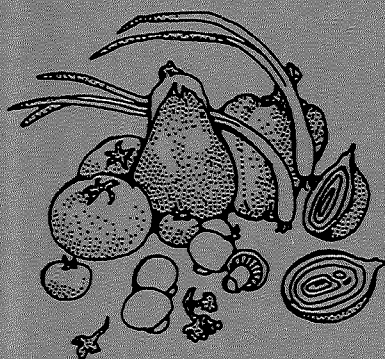
2-3/4 teaspoon (14 mL) unflavored gelatin
1/2 cup (125 mL) cold water
1 can (20 oz/600 g) crushed pineapple, undrained
3/4 cup (175 mL) sugar
3 ounces (90 g) medium Cheddar cheese, grated
1 cup (250 mL) small curd cottage cheese
2/3 cup (150 mL) whipping cream, unwhipped
1/2 cup (125 mL) maraschino cherries, quartered
1/2 cup (125 mL) flaked coconut
1/4 cup (50 mL) Macadamia nuts, chopped
Salad greens for liner, such as leaf lettuce, endive or kale.

Garnish: 3 ounces (90 g) cream cheese, softened, 1 tablespoon (15 mL) pineapple juice. Fruits such as pineapple, kiwi fruit, fresh strawberries.

1. Soften gelatin in cold water; set aside.
2. Bring pineapple and sugar to a boil.
3. Remove from heat; add gelatin mixture; cool.
4. Add Cheddar cheese, cottage cheese, whipping cream, cherries, coconut, and nuts.
5. Pour in 2-quart (2 L) mold; refrigerate until firm.

6. Unmold by dipping in warm water. Cut into serving portions; place on salad greens of your choice.
7. Add pineapple juice to softened cream cheese; spread in center of salad. Garnish with suggested fruits.

-Gladys Earl



Vegetables

ORIGINAL GREEN BEAN CASSEROLE

- 1 can (10 oz/300 g) cream of mushroom soup
- 1/2 cup (125 mL) milk
- 1 teaspoon (5 mL) soy sauce (optional)
- Dash of pepper
- 2 cans (14 oz/420 g) cut green beans
- 1-1/3 cup (325 mL) French Fried onions, divided

1. Preheat oven to 350°F (180°C).
2. In 1-1/2-quart (1500 mL) casserole dish, mix soup, milk, soy sauce, pepper, beans, and 2/3 cup (150 mL) onions.
3. Bake uncovered 25 minutes or until hot.
4. Stir; sprinkle remaining onions over top; bake 5 minutes or until onions are golden. Makes 6 servings.

—NFA Member

ESCALLOPED CORN

- 1 can (14 oz/420 g) whole kernel corn, drained
- 1 can (14 oz/420 g) cream style corn
- 1/2 cup (125 mL) margarine, melted
- 1 cup (250 mL) sour cream
- 1 package (7.5 oz/225 g) dry corn meal muffin mix
- 1 egg

1. Preheat oven to 350°F (180°C).
2. In medium casserole dish, mix together all ingredients.
3. Bake 1 hour.

—Sara Knoll

BROCCOLI

- 1 bag (16 oz/500 g) frozen broccoli
- 1/2 cup (125 mL) Velveeta cheese
- 1/4 cup (50 mL) margarine
- 1 roll Ritz crackers, crushed

1. In glass oblong baking dish, place frozen broccoli; microwave following package directions.
2. In glass measuring cup, melt cheese and margarine; stir occasionally.
3. Pour melted cheese over broccoli; sprinkle with crackers; brown lightly in oven; serve immediately.

—Carolyn Barnhart

BROCCOLI CASSEROLE

2-3 boxes (10 oz/300 g) chopped broccoli, frozen

Juice from 1 lemon

1/2 cup (125 mL) green onion, chopped

1/2 cup (125 mL) chopped parsley

1/2 cup (125 mL) green and red chopped
bell pepper

1/4 cup (50 mL) butter or margarine

1-1/2 teaspoons (7 mL) Worcestershire sauce

1/4 teaspoon (1 mL) red pepper

1 can (10.5 oz/31 g) cream of mushroom soup

6 ounces (180 g) garlic cheese

Bread crumbs

1. Preheat oven to 375°F (190°C).
2. Cook broccoli according to package directions, adding juice from lemon; strain in colander.
3. In medium saucepan, saute onion and pepper in butter. Add Worcestershire sauce, red pepper, and soup; stir in garlic cheese.
4. Place broccoli in greased casserole dish; pour sauce on top.
5. Top with bread crumbs; bake 30 minutes.

Note: The dish may be prepared ahead of time and refrigerated until meal time.

—Judy Buechner

VEGETABLE STIR-FRY WITH GINGER SAUCE

3-4 cups (750 mL-1 L) hot cooked brown rice
1 recipe Ginger Sauce (recipe follows)

Ginger Sauce

6 tablespoons (90 mL) rice vinegar
6 tablespoons (90 mL) sugar
3/4 cup (175 mL) plus 1 tablespoon (15 mL) water
2 tablespoons (50 mL) soy sauce
1 tablespoon (15 mL) cornstarch
1 tablespoon (15 mL) finely minced ginger root

3 tablespoons (45 mL) safflower oil
2 carrots, thinly sliced diagonally
1 onion, thinly sliced
1 clove garlic, minced
4 stalks bok choy, sliced
1-1/2 cups (375 mL) sliced mushrooms
1 sweet red pepper, cut into strips
1 can (8 oz/240 g) bamboo shoots, drained, rinsed
1 cup (250 mL) peas
1/2 pound (250 g) firm tofu, cut into 1/2-inch (1 cm) cubes

Garnish: Toasted sesame seeds and unsalted peanuts, raw cashews, sliced almonds, mandarin orange sections, or scallion curls, (optional)

1. To make ginger sauce in small saucepan, place vinegar, sugar 3/4 cup (175 mL) water, and soy sauce. Bring to boil; reduce heat; simmer, stirring occasionally for 5 minutes. Set aside.

2. In small bowl, combine cornstarch and 1 tablespoon (15 mL) water; stir into sauce. Cook mixture, stirring until clear and thickened.
3. Remove pan from heat; stir in ginger. Keep warm while stir frying vegetables.
4. To stir-fry vegetables, in wok or large skillet, heat oil over medium-high heat. Add carrots; stir-fry about 2 minutes. Add onion and garlic; continue to stir-fry for 2 more minutes.
5. Add remaining ingredients except tofu. Stir-fry about 4 more minutes, or until vegetables are heated through and are crisp-tender.
6. Gently stir in tofu; cover pan, reduce heat, and allow to stand for about 1 minute.
7. To serve, dish out stir-fry mixture either onto individual beds of rice or onto a serving platter. Spoon on half of Ginger Sauce. Top with garnishes; serve immediately. Pass additional Ginger Sauce. Makes 4 servings.

-Cindy Rhodes

HARVEST BAKED ACORN SQUASH

- 2 medium acorn squash
- 2 cups (500 mL) finely chopped cooking apple,
any variety
- 1/4 cup (50 mL) apple juice
- 1 tablespoon (15 mL) margarine, melted
- 1 tablespoon (15 mL) dark brown sugar,
firmly packed
- 2 teaspoons (10 mL) lemon juice
- 3/4 teaspoon (4 mL) ground cinnamon
- 24 Harvest Crisps crackers, 5-grain or oat,
coarsely crushed
- 1/3 cup (75 mL) seedless raisins
- 1/4 teaspoon (2 mL) ground nutmeg

1. Preheat oven to 400° F (200° C).
2. Cut squash in half; remove seeds.
3. Place in 9x13-inch (23x33 cm) baking dish
filled with water 1/2-inch (1 cm) deep; bake 40
to 45 minutes or until tender.
4. Scoop out cooked squash; reserve shells.
5. In medium mixing bowl, mix squash, apples,
juice, margarine, sugar, lemon juice, and
cinnamon. Stir in crackers and raisins.
6. Spoon squash mixture into shells; sprinkle with
nutmeg; bake an additional 10 minutes. Makes
4 servings.

—Karen Greig

SWEET POTATO CASSEROLE

2 large sweet potatoes, mashed
2 cans (8.5 oz/255 g) crushed pineapple with syrup
2/3 cup (150 mL) brown sugar, firmly packed
1/2 cup (25 mL) golden sherry
Miniature marshmallows

1. Preheat oven to 350°F (180°C).
2. In large bowl, mix potatoes and pineapple. Stir in sugar and sherry; mix well.
3. Spoon mixture in greased casserole dish; cover with marshmallows; bake 45 minutes. Makes 8 servings.

Source: Modified from *Fat Free Living Cookbook*

—Angie Miatke

SCALLOPED POTATOES

- 2 cups (500 mL) milk
- 1/4 cup (50 mL) margarine, melted
- 1/4 cup (50 mL) Bisquick
- 1 teaspoon (5 mL) salt
- 1 tablespoon (15 mL) onion, chopped
- 4 cups (1 L) potatoes, pared, sliced

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, combine milk, margarine, Bisquick, salt, and onion. Heat, stirring constantly with wooden spoon; cook until thickened.
3. Add potatoes; bake 1 hour.

—Amy Sylla

SCALLOPED CORN

2 cans (8 oz/240 g) cream style corn
2-3 cups (500-625 mL) frozen corn, whole kernel
1-1/2 cups (375 mL) milk
1/2 cup (125 mL) whipping cream
4 eggs, beaten
2 tablespoons (30 mL) minced onion
36 soda crackers, crushed
1/4 teaspoon (1 mL) white pepper
1/2 tablespoon (15-30 mL) butter

1. Preheat oven to 350°F (180°C).
2. In large mixing bowl, mix all ingredients except butter.
3. Pour into greased casserole dish; dot with butter; bake 1 hour.

—Sarah Skulstad

PRALINE SWEET POTATOES

3 pounds (1500 g) sweet potatoes, quartered
1/3 cup (75 mL) sugar
1/4 teaspoon (2 mL) nutmeg
1/4 cup (50 mL) margarine or butter, melted
1/3 cup (75 mL) milk
1 egg, slightly beaten

Praline Topping

1/4 cup (50 mL) chopped pecans
1/4 cup (50 mL) coconut
1/4 cup (50 mL) brown sugar, firmly packed
2 tablespoons (30 mL) all-purpose flour
2 tablespoons (30 mL) margarine or butter, melted

1. In large saucepan, add potatoes, with enough water to cover potatoes; boil. Reduce heat; cover, simmer 20 to 25 minutes or until tender. Cool slightly; peel.
2. In medium mixing bowl, mash potatoes; stir in sugar, nutmeg, and margarine.
3. In small mixing bowl, combine milk and egg. Add to potato mixture; mix well.
4. Place in ungreased 1 1/2 quart (1500 mL) casserole or baking dish.
5. In small mixing bowl, mix topping ingredients. Sprinkle over potatoes; bake 1 hour or until slightly puffed and browned. Makes 8 servings.

Source: Modified from *Pillsbury Family Christmas Cookbook*

Note: Two types of sweet potatoes are generally available, moist or dry-meated. The moist varieties,

sometimes called yams, are sweeter than the dry varieties and tan to brownish-red in color. Dry varieties are yellowish-tan or fawn colored. Regardless of which variety you choose, purchase firm, unbruised, smooth-skinned potatoes that have tapered ends.

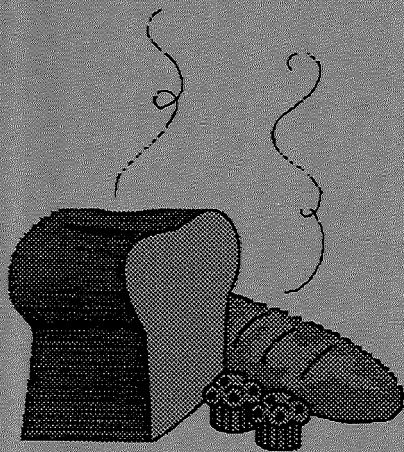
—Carol Seaborn

CHEESY POTATOES

- 1 bag (2 lbs/500 g) hash brown potatoes, thawed
- 1 container (8 oz/240 g) light sour cream
- 2 cups (500 mL) shredded Cheddar cheese
- 1/2 cup (125 mL) chopped onion
- 2 cans (10.5 oz/315 g) cream of chicken soup
- 1 teaspoon (5 mL) salt
- 1/2 cup (125 mL) margarine, melted
- 2 cups (500 mL) crushed cornflakes

1. Preheat oven to 350°F (180°C).
2. In large mixing bowl, combine all ingredients except 1/4 cup (50 mL) margarine and 1/4 cup (50 mL) cornflakes.
3. Spread in greased 9x13-inch pan.
4. Top with remaining margarine and cornflakes; bake 1 hour.

—Kim Shafer



Breads

CHOCOLATE CHIP MUFFINS

1-1/2 cups (375 mL) all-purpose flour
1/2 cup (125 mL) sugar
1 egg
2 teaspoon (10 mL) baking powder
1/4 teaspoon (1 mL) salt
1/2 cup (125 mL) milk
1/4 cup (50 mL) butter, melted
1/2 cup (125 mL) semisweet chocolate chips

1. Preheat oven to 400° F (200° C).
2. In medium mixing bowl, combine flour, sugar, baking powder, salt and chips; set aside.
3. In small bowl, mix egg, milk, and butter; add to dry ingredients; stir until moistened.
4. Pour batter into paper baking cups, 3/4 full; bake 15 to 20 minutes.

—*Sarah Skulstad*

PUMPKIN CHOCOLATE CHIP MUFFINS

1-2/3 cups (300 mL) all-purpose flour
1/2 cup (125 mL) margarine, softened
1 tablespoon (15 mL) pumpkin pie spice
1 cup (250 mL) sugar
1 teaspoon (5 mL) baking soda
2 large eggs
1/4 teaspoon (1 mL) baking powder
1 cup (250 mL) pumpkin
1/4 teaspoon (1 mL) salt
1 cup (250 mL) semisweet chocolate chips

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, combine flour, spice, soda, baking powder, and salt; set aside.
3. In medium mixing bowl, cream sugar and margarine; add eggs; beat well.
4. Gradually add dry ingredients, mixing well.
5. Stir in pumpkin and chips.
6. Line muffin pan with paper baking cups; fill 3/4 full.
7. Bake 20 minutes.

-Kim Shafer

SOUR CREAM BANANA MUFFINS

1 cup (250 mL) sugar
1/2 cup (125 mL) margarine
1 egg
2 cups (500 mL) all-purpose flour
1 teaspoon (5 mL) baking soda
1/2 cup (125 mL) sour cream
1 teaspoon (5 mL) vanilla extract
1 cup (250 mL) ripe bananas, mashed

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, cream sugar and butter; beat in egg until smooth.
3. Add flour and soda alternately with sour cream.
4. Add remaining ingredients; bake 25 to 30 minutes.

—Sarah Skulstad

NEW ZUCCHINI BREAD

- 2 cups (500 mL) grated zucchini
- 2 cups (500 mL) sugar
- 1 cup (250 mL) applesauce
- 3 eggs
- 2 teaspoon (10 mL) baking soda
- 2 teaspoon (10 mL) ground cinnamon
- 2-3/4 cups (675 mL) all-purpose flour
- 2 teaspoon (10 mL) vanilla extract
- 1 teaspoon (5 mL) salt
- 1 cup (250 mL) walnuts, chopped

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, mix zucchini, sugar, applesauce, and eggs.
3. Add flour, soda, and vanilla; stir in nuts.
4. Pour into 2 greased medium loaf pans; bake 1 hour.

Note: May substitute semisweet chocolate chips for walnuts.

—Amy Sylla

BANANA BREAD

1/3 cup (75 mL) butter, softened
1/2 cup (125 mL) sugar
1 egg, beaten
1 teaspoon (5 mL) vanilla extract
1 tablespoon (15 mL) baking powder
2 ripe bananas, mashed
2 cups (500 mL) all-purpose flour

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, cream butter, sugar, vanilla, and egg.
3. Add baking powder to creamed mixture.
4. Add bananas; beat 2 minutes or until well beaten.
5. Add flour; mix thoroughly.
6. Pour into greased 9x5-inch (23x12 cm) loaf pan; bake 30 to 40 minutes or until toothpick inserted comes out clean.

—Tracy Sand

BANANA NUT BREAD

1/2 cup (125 mL) margarine, softened
1/2 cup (125 mL) sugar
3 medium bananas, mashed
2 eggs
2 cups (500 mL) all-purpose flour
1 teaspoon (5 mL) baking soda
1/4 teaspoon (1 mL) salt
1/2 cup (125 mL) chopped walnuts

1. Preheat oven to 350°F (180°C).
2. In large mixing bowl, cream margarine and sugar. Add bananas and eggs; beat well.
3. In medium mixing bowl, mix flour, soda, and salt; add to banana mixture; mix well.
4. Pour into greased 5-1/2x9-inch (14x23 cm) loaf pan; bake 40-50 minutes or until knife comes out clean.

Source: *Federated Women's Club*, 1965.

—Karen Greig

FRUIT SWIRL COFFEE CAKE

- 4 cups (1 L) Bisquick
- 1/2 cup (125 mL) sugar
- 1/4 cup (50 mL) margarine or butter, melted
- 1/2 cup (125 mL) milk
- 1 teaspoon (5 mL) vanilla extract
- 1 teaspoon (5 mL) almond extract
- 3 eggs
- 1 can (21 oz/630 g) cherry, apricot, or blueberry pie filling

Glaze

- 1 cup (250 mL) powdered sugar
- 1-2 tablespoons (15-30 mL) milk

1. Preheat oven to 350°F (180°C).
2. In large mixing bowl, combine all ingredients except pie filling.
3. Using electric mixer, beat on high speed for 30 seconds.
4. Spread two-thirds batter on greased jelly roll pan. Spread pie filling over batter.
5. Drop remaining batter by tablespoons onto pie filling; bake 20 to 25 minutes or until light brown.
6. To prepare glaze, in small mixing bowl, beat sugar and milk until smooth; drizzle over warm coffee cake.

Note: May be used as a dessert.

-Amy Sylla

NIGHT BEFORE COFFEE CAKE

This recipe is fast and easy. You can prepare it ahead of time if you know guests are coming. Just get up, pop the coffee cake in the oven and you're good to go!

Coffee Cake

2/3 cup (150 mL) shortening
1 cup (250 mL) sugar
1/2 cup (125 mL) brown sugar, firmly packed
2 eggs, beaten
2 cups (500 mL) all-purpose flour
1 teaspoon (5 mL) baking powder
1 teaspoon (5 mL) baking soda
1/2 teaspoon (2 mL) salt
1 teaspoon (5 mL) ground cinnamon
1 cup (250 mL) sour milk
2 tablespoons (30 mL) cider vinegar

Topping

1/2 cup (125 mL) brown sugar, firmly packed
1/2 cup (125 mL) chopped walnuts
1/2 teaspoon (2 mL) ground cinnamon
1/2 teaspoon (2 mL) ground nutmeg

1. Preheat oven to 350°F (180°C).
2. In medium bowl, cream shortening and sugars; add eggs.
3. Stir in dry ingredients.
4. In small bowl, mix milk and vinegar; add to dry ingredients. Spread in greased 9x13-inch (23x33 cm) pan.

5. To prepare topping, in small bowl, mix all ingredients together; sprinkle over coffee cake. Refrigerate overnight.
6. Bake 40 minutes.

—*Laurel Hartfiel*

GARLIC BREAD

1/2 cup (125 mL) fat-free mayonnaise
1/4 cup (50 mL) fat-free grated Parmesan cheese
1-1/2 to 2 teaspoons (7-10 mL) minced garlic
1 loaf (16 oz/500 g) French or Sourdough bread

1. Preheat oven to 450°F (230°C).
2. In small mixing bowl, mix mayonnaise, cheese, and garlic.
3. Slice bread in half lengthwise; spread cheese mixture on both halves.
4. Place bread on cookie sheet or foil; bake 10 minutes or until well heated.

Source: Modified from *Fat Free Living Cookbook*

—*Angie Miatke*

CRAN-RASPBERRY BRUNCH CAKE

This recipe, which I developed for the Warrens Cranberry Festival, will please everyone when served warm for brunch.

Brunch Cake

3 cups (375 mL) sifted all-purpose flour
2-1/2 teaspoons (12 mL) baking powder
1/2 teaspoon (2 mL) salt
1 cup (250 mL) butter, softened
1-1/2 cups (375 mL) sugar
1 teaspoon (5 mL) vanilla extract
4 eggs
1 container (12 oz/360 g) cranberry raspberry
Cran-Fruit

Almond Icing

1 teaspoon (5 mL) butter
1-2 tablespoons (15-30 mL) milk
1-1-1/2 cups (250-375 mL) powdered sugar
1/2 teaspoon (2 mL) almond extract

1. Preheat oven to 350°F (180°C).
2. To prepare brunch cake, in medium bowl, sift flour, baking powder, and salt; set aside.
3. In large mixing bowl, mix butter, sugar, and vanilla. Using electric mixer, beat on high speed until creamy.
4. Add eggs, one at a time, beating well after each addition. Gradually add dry ingredients to batter, mixing well.

5. Spread 2/3 of batter in greased jellyroll pan. Using icing knife, spread Cran-Fruit evenly on top. Spoon 12 mounds of remaining batter over Cran-Fruit; flatten slightly.
6. Bake 30 to 35 minutes until golden brown.
7. To prepare almond icing, in small glass bowl, combine butter and milk. Microwave on high 30 to 45 seconds until hot.
8. Add powdered sugar and almond extract; stir until smooth. Using teaspoon, drizzle over hot brunch cake. Makes 15 servings.

Note: One-half cup (125 mL) fresh or frozen blueberries may be added to Cran-Fruit for an interesting variation. Cherry pie filling can be substituted for Cran-Fruit.

-Gladys Earl

REUBEN LOAF

I developed this recipe for the students in a weekend Yeast Breads course that I teach. It is always a favorite. There are many possible variations for the filling. Frozen bread dough can be used for a quick and easy version.

3-1/4 to 3-3/4 cups (800 mL) all-purpose flour,
divided

1 package (1/3 oz/10 g) quick rise yeast

1 tablespoon (15 mL) sugar

1 teaspoon (5 mL) salt

1 cup (250 mL) warm water, 120-130° F (50-55° C)

1/4 cup (50 mL) Thousand Island salad dressing

6 ounces (180 g) thinly sliced corned beef

4 ounces (120 g) sliced Swiss cheese

1 can (8 oz/240 g) sauerkraut, drained

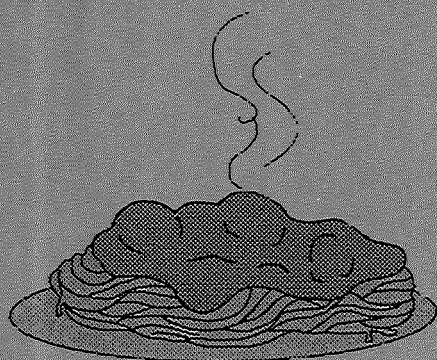
1 egg white, lightly beaten

Caraway seeds

1. Preheat oven to 400° F (200° C).
2. In large mixing bowl, mix 2-1/4 cups (550 mL) flour, yeast, sugar, butter, and salt. Stir in water; mix thoroughly. Continue to add flour, mixing after each addition, until a soft dough forms.
3. Turn out onto a lightly floured surface; knead until smooth, about 5-10 minutes.
4. On a lightly oiled baking sheet, roll dough to a 14x10-inch (35x25 cm) rectangle. Spread dressing down center one-third of dough. Top with layers of corned beef, cheese and sauerkraut.

5. Make cuts from filling to edges of dough 1-inch (2.5 cm) apart on both sides of filling. Alternating sides, fold strips at an angle across filling.
6. Cover dough; let rise in warm place 15 minutes.
7. Brush with egg white; sprinkle with caraway seeds. Bake 25 minutes or until lightly browned. Serve immediately. Makes 6 to 8 servings.

-Gladys Earl



Main Dishes

BEEF STROGANOFF

2 tablespoons (30 mL) shortening
1 pound (500 g) round steak, thinly cubed
1 medium onion, chopped
Garlic powder, to taste
2 cans (4 oz/120 g) mushrooms, drained
1 can (10 oz/300 g) can cream of mushroom soup
1/3-1/2 cup (75-125 mL) water
1/2 cup (125 mL) sour cream
1 package (16 oz/500 g) package egg noodles,
 cooked
Slivered almonds

1. Add shortening to large skillet; brown steak; drain fat. Add onion; cook until soft.
 2. Sprinkle with garlic powder; add mushrooms.
 3. Add soup, water, and sour cream.
 4. Simmer 20 minutes.
 5. Serve over noodles; garnish with almonds.
- Makes 6 servings.

—Naomi Hamann

DOT'S SWISS CHEESE CHICKEN

8 chicken breasts, skinless

Salt and pepper to taste

6 slices Swiss cheese

1 can (10 oz/300 g) can cream of chicken soup

1/2 cup (125 mL) skim milk

1-1/2 cups (375 mL) Pepperidge Farm Stuffing Mix

1 cup (250 mL) margarine, melted

1. Preheat oven to 325°F (160°C).
2. Arrange chicken in greased 9x13-inch (23x33 cm) glass baking dish. Sprinkle with salt and pepper.
3. Place cheese slices on chicken.
4. In small mixing bowl, combine soup and milk; spread over chicken.
5. Cover with stuffing; drizzle with margarine.
6. Bake uncovered 1-1/2 hours. Makes 8 servings.

—*Dorothy Rosin*

HAM AND POTATO SKILLET

- 1 tablespoon (15 mL) butter
- 1 tablespoon (15 mL) sugar
- 1 pound (500 g) cooked ham slice
- 1 can (10 oz/300 g) cream of chicken or mushroom soup
- 2/3 cup (150 mL) evaporated milk
- 1/3 cup (75 mL) water
- 1/4 cup (50 mL) onion, chopped
- 1/2 teaspoon (2 mL) salt
- 1/8 teaspoon (0.5 mL) pepper
- 3 cups (625 mL) raw potatoes, pared, thinly sliced
- 1 cup (250 mL) raw carrots, sliced

1. In 10-inch (25 cm) skillet, melt butter and sugar; brown ham slice. Remove ham; drain drippings into cup; set aside.
2. Using same skillet, add remaining ingredients; cover. Cook over low heat, about 35 minutes, until vegetables are tender; stir occasionally.
3. Place ham on mixture; add drippings. Cover; cook 10 minutes. Makes 4 servings.

Note: You can vary the amount according to the pan size. If an electric fry pan is used, cook at 300-350°F (150-180°C).

—Joanne Fruit

BEER BAKED PORK CHOPS

1 package (16 oz/500 g) sauerkraut, drained
Seasoned salt to taste
1/2 cup (125 mL) brown sugar, firmly packed
6 pork chops, trimmed of fat
2 small yellow onions, sliced
2 tart apples, pared, cored, quartered
6 stalks celery, sliced
1 can (12 oz/375 mL) flat beer
1 cup (250 mL) gingerale
1/4 teaspoon (1 mL) fennel seed
1/4 teaspoon (1 mL) ground cloves
1/4 teaspoon (1 mL) ground cinnamon
1/4 cup (50 mL) dry Sherry
Salt and pepper to taste

1. Preheat oven to 350°F (180°C).
2. In 9x13-inch (23x33 cm) pan, spread sauerkraut 1/4-inch (6 mm) thick; sprinkle with seasoned salt and brown sugar.
3. Arrange pork chops on top; cover with onions, apples, and celery.
4. Pour beer and gingerale over top; sprinkle with spices.
5. Cover; bake 1-1/2 hours. Pour Sherry, salt, and pepper on top; bake additional 1/2 hour. Makes 6 servings.

—Lori Vavrek

BAKED CHICKEN AND RICE

- 1 can (10 oz/300 g) cream of mushroom soup
- 1 can (10 oz/300 g) cream of celery soup
- 1 cup (250 mL) milk
- 2-1/2 cups (625 mL) instant rice, uncooked
- 1 cup (250 mL) chicken, uncooked, finely cut
- 1 envelope (1 oz/30 g) dry onion soup mix

1. Preheat oven to 325°F (160°C).
2. In medium bowl, mix cream of mushroom soup, and cream of celery soup. Add milk; heat.
3. Add rice; pour into greased 9x9-inch (23x23 cm) baking dish.
4. Place chicken on top; sprinkle with onion soup.
5. Cover; bake 2 hours.

—Amy Sylla

PASTA WITH MOZZARELLA

8-12 ounces (240-360 g) cooked pasta
(spaghetti, vermicelli, linguine)
2 tablespoon (30 mL) olive oil
2-3 cloves garlic
4 large tomatoes, chopped
2 teaspoons (10 mL) chopped fresh basil
1/4 teaspoon (1 mL) salt
1/4 teaspoon (1 mL) pepper
1 cup (250 mL) shredded mozzarella cheese
1/4 cup (250 mL) Parmesan cheese

1. In saute pan, saute garlic in olive oil until tender over medium heat.
2. Add tomatoes, basil, salt, and pepper. Cover; turn off heat until pasta is cooked; return to medium heat.
3. Drain cooked pasta; add cheese; stir well and add to tomato mixture.
4. Serve hot.

—Laura Rudolph

SPEEDY MEDITERRANEAN SHRIMP

- 1 large zucchini; cut into 2-1/2 x 1/2-inch
(6 cm x 1 cm) strips
 - 1 can (14.5 oz/435 g) pasta-ready diced tomatoes
 - 1-2 cloves garlic, minced
 - 1/4 cup (50 mL) dry white wine or chicken broth
 - 1 pound (500 g) shrimp; peeled and deveined
 - 1/4 teaspoon (1 mL) ground pepper
 - 1 package (10 oz/300 g) angel hair pasta
-
1. In large skillet over medium heat, mix zucchini, tomatoes, garlic, and wine; bring to boil. Reduce heat; simmer 4 minutes, stirring occasionally until zucchini is tender but crisp.
 2. Add shrimp to zucchini mixture; simmer, partially covered, 3 to 4 minutes, until shrimp is opaque and thoroughly cooked; add pepper.
 3. In medium saucepan, prepare pasta according to package directions. Drain well.
 4. Cover pasta with shrimp; serve hot.

—Laura Rudolph

HAMBURGER HOTDISH

2 pounds (1 kg) lean ground beef
2 cans (15 oz/450 g) tomato sauce
2 stalks celery, chopped
1/4 cup (50 mL) sugar
1 large yellow onion, chopped
1 package (10 oz/300 g) egg noodles, cooked
Salt and pepper to taste
Parmesan cheese
Oregano, to taste

1. In large saucepan, brown hamburger; drain fat.
2. Add celery, onion, and green pepper; cook until tender.
3. Add salt, pepper, and oregano.
4. Add tomato sauce, sugar, and vinegar; simmer about 20 minutes.
5. Add noodles.
6. Sprinkle with Parmesan cheese.

—NFA Member

VEGETABLE LASAGNA

- 4 cups (1 L) shredded mozzarella cheese, divided
- 1 cup (250 mL) cottage cheese
- 1 cup (250 mL) shredded Cheddar cheese
- 1 pound (500 g) lasagna noodles, cooked
- 1 jar (26 oz/780 g) spaghetti sauce,
with mushrooms, divided
- 1 package (10 oz/300 g) spinach
- 1 pound (500 g) Italian blend vegetables, thawed

1. Preheat oven to 375°F (190°C).
2. Reserve 1/2 cup (125 mL) of mozzarella cheese. In small bowl, mix remaining cheeses; set aside.
3. Cover bottom of greased 9x13-inch (23x33 cm) pan with 3-5 noodles; spread 1 cup (250 mL) sauce over noodles.
4. Sprinkle small amount of cheese mixture over sauce; repeat noodles and sauce.
5. Add spinach layer and vegetable layer; layer noodles, sauce, spinach and cheese.
6. Layer remaining noodles on top; spread remaining sauce; top with cheese.
7. Bake 1 hour or until cheese starts to brown.

—Karen Greig

WONDERFULLY SIMPLE VEGETABLE PIE

- 1 cup (250 mL) frozen country style hashbrowns,
thawed
- 1 package (16 oz/500 g) frozen mixed vegetables
- 1 can (10 oz/300 g) cream of chicken soup
- 1/2 cup (125 mL) milk
- 1 package (15 oz/450 g) Pillsbury Pie crusts
- 1 teaspoon (5 mL) garlic powder
- 1/2 teaspoon (1 mL) onion powder
- 1 teaspoon (5 mL) Italian seasoning
- 1 teaspoon (5 mL) ground sage

1. Preheat oven to 375° F (190° C).
2. In large bowl, mix potatoes and vegetables; set aside.
3. In small bowl, mix soup with milk and spices; blend thoroughly. Add to vegetable mixture; stir until evenly coated.
4. Spoon into crust; cover with second crust. Bake 1 hour. Makes 4 servings.

—Karen Greig

SWISS CHICKEN CASSEROLE

4 cups (1 L) boneless, cooked chicken, cut-up
2 cups (500 mL) shredded natural Swiss cheese
2 cups (500 mL) croutons
2 cups (500 mL) celery, chopped
1 cup (250 mL) Miracle Whip
1/2 cup (125 mL) milk
1/4 cup (50 mL) chopped onion
Walnuts, chopped (optional)

1. Preheat oven to 350°F (180°C).
2. In large bowl, mix all ingredients. Spoon into greased 2-quart (2 L) casserole dish.
3. Sprinkle with walnuts, if desired.
4. Bake 40 minutes or until thoroughly heated.
Makes 6 servings.

—Lori Vavrek

SALMON ROLL

Crust

- 1-1/2 cups (375 mL) all-purpose flour
- 2 teaspoons (10 mL) baking powder
- 1/2 teaspoon (2 mL) salt
- 1/4 cup (50 mL) olive oil
- 1/2 cup (125 mL) milk

Filling

- 1 can (14 oz/420 g) salmon
- 1/2 cup (125 mL) diced celery
- 1/4 cup (50 mL) salad dressing
- 1/4 teaspoon (1 mL) salt
- 1 tablespoon (15 mL) chopped onion
- 1 teaspoon (5 mL) lemon juice

Sauce

- 1 can (10 oz/300 g) cream of mushroom soup
- 1/2 cup (125 mL) milk

1. Preheat oven to 400°F (200°C).
2. In medium bowl, sift together flour, baking powder, and salt.
3. Add oil and milk; mix with fork to form dough. Roll between waxed paper to fit 9x13-inch (22x32 cm) pan; set aside.
4. In medium bowl, mix together salmon, celery, salad dressing, salt, onion, and lemon juice.
5. Spread filling on dough leaving 1/2-inch (1 cm) on all sides. Fold over to seal long sides; fold ends under.
6. Bake 15 to 20 minutes. To make sauce, combine soup with milk; heat. Serve hot with sauce.

Note: Peas may be added, if desired. Tuna may be substituted for salmon.

—Anne Dworak

PAELLA

- 1-1/2 pounds (750 g) chicken pieces, skinless
- 1 cup (250 mL) chopped onion
- 1 clove garlic, minced
- 1 can (14.5 oz/435 g) chicken broth
- 1 can (7.5 oz/225 g) tomatoes, undrained, chopped
- 1/4 teaspoon (1 mL) thyme, crushed
- 1/4 teaspoon (1 mL) ground saffron
- 1/8-1/4 teaspoon (0.5-1 mL) ground red pepper
- 1 cup (250 mL) long grain rice
- 1 medium green or red pepper, cut in strips
- 1/2 pound (250 g) medium shrimp, peeled, deveined
- 1 cup (250 mL) frozen peas

1. Wash chicken; pat dry; remove; set aside.
2. Spray Dutch oven with non-stick spray; add onion and garlic; cook over medium heat until onion is tender but not brown.
3. Add chicken, broth, tomatoes, thyme, saffron, and pepper. Bring to boil; reduce heat. Cover; simmer 15 minutes.
4. Add rice; cover; simmer 15 minutes or until rice is nearly tender.
5. Add green pepper, shrimp, and peas. Cover; simmer 10 minutes until chicken and rice are tender and shrimp turns pink. Makes 6 servings.

—Teresa Grein

DUTCH OVEN DELITE

- 1 3-pound (2.5 kg) chuck roast
- 1 medium onion, peeled, thinly sliced
- 1 clove garlic, finely minced
- 6 fresh mushrooms, sliced
- 6 carrots, cut in eighths
- 4 potatoes, cut in eighths
- 1/2 teaspoon (2 mL) basil
- 1/4 teaspoon (1 mL) thyme
- 1/4 teaspoon (1 mL) rosemary
- 1 bay leaf
- 1 can (8 oz/240 g) tomato sauce
- 1/2 cup (125 mL) water

1. Preheat oven to 300°F (150°C).
2. Place Dutch oven on medium-high heat on surface unit; spray with cooking spray. Add roast; brown well on both sides.
3. Put onion, garlic, mushrooms, carrots, and potatoes over and around meat. Sprinkle with basil, thyme, rosemary, and bay leaf. Pour on tomato sauce and water.
4. Cover Dutch oven tightly; place in oven. Go cross country skiing, hunting, hiking or canoeing for 2-1/2 to 3 hours. If you will be gone longer, use time-bake feature on oven to provide for 2-1/2 to 3 hours cooking time. Return to great smelling kitchen.
5. Increase oven temperature to 400°F (200°C). Mix up a batch of baking powder biscuits. Remove Dutch oven to top of stove. Don't peek.
6. Set table while biscuits bake. Enjoy a feast!

Note: You can substitute lean chicken for beef; mushroom soup and 2 tablespoons (30 mL) white wine for tomato sauce. The number of vegetables can be increased to fill Dutch oven as number of guests increase.

—Anita Wilson

WISCONSIN WINTER WARM-UP

A hearty winter soup that is never the same twice.

1 beef soup bone
2 pork hocks
1/2 pound (250 g) beef or venison stew meat
2 cloves garlic
1 large onion
1 bay leaf
1/2 teaspoon (5 mL) basil
1/4 teaspoon (1 mL) thyme
2 teaspoons (10 mL) minced parsley
1 teaspoon (5 mL) water to cover beef base
3 carrots
2 potatoes
2 ribs celery
1/6-1/4 head cabbage
8 mushrooms
2 cups (500 mL) precooked wheat berries
1 can (14.5 oz/435 g) crushed or pureed tomatoes
1 can (14.5 oz/435 g) garbanzo beans
Hot sauce to taste

1. In medium stockpot, simmer soup bone, pork hocks, stew meat, garlic, onions, bay leaf, basil and thyme together in water to cover for 2 hours or until meat is tender.
2. Remove meat from bones; return to broth. Add beef base, carrots, potatoes, celery, cabbage, mushrooms and wheat berries. Cook 15 minutes after soup returns to simmer.
3. Add tomatoes; cook an additional 15 minutes.

4. Add garbanzo beans and hot sauce; simmer until vegetables are soft.
5. Taste and adjust seasoning. Makes 12 servings.

—Anita Wilson

FRESH TUNA WITH CAPERS AND SCALLOPS

I teach UW-Stout's Seafood class and developed this recipe in honor of my students, and to remind them that scallops, the nation's most frequently overcooked food, cook in a jiffy!

2 fresh tuna steaks, 1/2-inch (1 cm) thick

Olive oil cooking spray

Phillips Seafood seasoning

1/3 cup (75 mL) bay scallops

1 tablespoon (15 mL) capers

1 tablespoon (15 mL) lemon juice

2 tablespoons (30 mL) white wine

Lime wedges

Watercress

1. In saucepan, saute steaks 4 to 5 minutes per side, over medium-high heat; season after turning.
2. Add scallops, capers, lemon juice, and wine. Deglaze in pan no more than 45 to 60 seconds.
3. Serve immediately; garnish with lime wedges and watercress.

—Anita Wilson

SPEEDY CHICKEN BROCCOLI

- 2 packages (3 oz/90 g) chicken flavored ramen noodles
 - 1 can (10.5 oz/315 g) cream of mushroom soup
 - 1/2 cup (125 mL) milk
 - 1-1/2 cups (375 mL) cubed chicken
 - 1 package (16 oz/500 g) frozen broccoli, thawed
 - 1/2 cup (125 mL) diced tomatoes
 - 1/2 teaspoon (2 mL) black pepper
1. Cook ramen noodles according to package directions; drain.
 2. Stir in soup and milk; add chicken and broccoli.
 3. Heat mixture 10 to 20 minutes, stirring often.
 4. Stir in tomatoes. Makes 4 servings.

-Scott Weber

SOUTH INDIAN CATCH OF THE DAY

This variation of Cod Curry from Quick and Easy Cooking, goes great with boiled rice. It is an easy dish to prepare for a relaxing, romantic meal at home.

- 1 large onion, chopped
- 3 tablespoons (45 mL) vegetable oil
- 1 teaspoon (5 mL) ground cinnamon
- 1 bay leaf
- 1 teaspoon (5 mL) minced or ground ginger
- 1 teaspoon (5 mL) minced garlic
- 1 teaspoon (5 mL) chili powder
- 1 teaspoon (5 mL) ground cumin
- 1-1/2 teaspoons (7 mL) ground coriander, divided
- 1/4 teaspoon (1 mL) ground tumeric
- 1 can (8 oz/240 g) tomatoes, chopped
- 1 to 2 fresh green chilies, chopped
- 1 pound (500 g) cod or other white fish, cubed
- 1 teaspoon (5 mL) salt

1. In large saucepan, saute onion in oil until brown. Add cinnamon, bay leaf, ginger, and garlic; cook 1 minute.
2. Add spices and 1 teaspoon (5 mL) coriander; cook 1 minute. Stir in tomatoes, chilies, and remaining coriander; simmer 2-3 minutes.
3. Stir fish into sauce; add salt. Cover, simmer 15 to 18 minutes before serving. Makes 4 servings.

—Scott Weber

CHICKEN WITH BROCCOLI AND BULGUR

12 ounces (360 g) chicken breasts, skinless, boneless
1 teaspoon (5 mL) bottled minced garlic (5 mL)
1-1/2 cups (325 mL) water
3/4 cup (175 mL) bulgur or couscous
1 teaspoon (5 mL) low-sodium chicken
 bouillon granules
1 teaspoon (5 mL) lemon zest, finely shredded
1/4 teaspoon (1 mL) dried sage, crushed
3 cups (750 mL) broccoli florets
Black pepper (optional)

1. Spray large skillet with vegetable spray; place over medium heat.
2. Rinse chicken, pat dry; cut into bite-size pieces; set aside.
3. Add chicken and garlic; cook 2 to 3 minutes, turning once.
4. Stir in water, bulgur, bouillon, lemon zest, and sage.
5. Arrange broccoli on top of chicken. Bring to boil over high heat. Reduce heat; cover; simmer 7 to 10 minutes or until chicken, broccoli, and bulgur are tender.
6. Season with pepper. Makes 4 servings.

Source: Modified from *The American Heart Association Quick and Easy Cookbook*

—Susan Block

CHICK PEA-ZUCCHINI CURRY

- 1 package (8 oz/240 g) thin egg noodles
- 2 tablespoons (30 mL) safflower oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1-1/2 cups (325 mL) sliced mushrooms
- 2 medium zucchini, sliced
- 1 large tomato, cubed
- 1 can (15 oz/450 g) chick peas, drained, rinsed
- 1 can (6 oz/180 g) tomato paste
- 1 cup (250 mL) water
- 2 teaspoons (10 mL) curry powder, or more to taste
- 1/4 teaspoon (1 mL) black pepper

1. Using large kettle bring 2 quarts (2 L) of water to a boil; add noodles; cook 6 to 8 minutes.
2. While noodles are cooking, heat oil in medium saucepan.
3. Add onion, garlic, mushrooms, and zucchini. Saute until zucchini is tender, but not mushy.
4. Stir in remaining ingredients; cover; cook over medium heat, stirring occasionally, until thoroughly heated, about 8 minutes.
5. Spoon vegetable mixture over well drained noodles. Makes 4 servings.

Source: Modified from *The 15-Minute Vegetarian Gourmet*

Note: Whole wheat spaghetti, brown rice, or couscous may be substituted for noodles.

—Cindy Rhodes

MAIN DISH BREAD BAKE

- 6 slices bread, cubed
- 1 to 1-1/2 cups (250-325 mL) cooked,
chopped broccoli
- 1 cup (250 mL) shredded cheese
- 1 tablespoons (15 mL) minced onion (optional)
- 1 cup (250 mL) leftover meat (ham, chicken,
or turkey), cooked, diced
- 5 eggs
- 2 cups (500 mL) milk
- 1/2 teaspoon (2 mL) salt

1. Preheat oven to 325°F (160°C).
2. Place half the bread in well greased 9x9-inch (23x23 cm) pan.
3. Top with broccoli, cheese, onion, and meat. Spread remaining bread on top.
4. In small mixing bowl, combine eggs, milk, and salt; pour over bread mixture.
5. Cover; refrigerate overnight or at least 1 hour.
6. Bake uncovered 1 to 1-1/4 hours. Makes 6 servings.

Note: Promptly cover and store leftovers in refrigerator no more than 1 to 2 days. For longer storage, freeze and use within 2 to 3 months.

-Trudy King

SPICY TOFU, CHEESE, AND GREEN CHILE ENCHILADAS

10.5 ounces (315 g) extra firm, lite tofu, cut into small cubes
1/2 cup (125 mL) shredded, low moisture, part skim, mozzarella cheese
1 can (4.5 oz/135 g) chopped green chilies
1/4 cup (50 mL) smooth taco sauce
6 8-inch (20 cm) flour tortillas
1 jar (10 oz/300 g) enchilada sauce
1-1/2 tablespoons (22 mL) ripe olives, sliced

1. Preheat oven to 425°F (220°C).
2. In medium mixing bowl, combine tofu, cheese, and taco sauce; mash; mix well.
3. Spoon mixture evenly onto tortillas; roll up.
4. Place sealed side down into greased 9x13-inch (23x33 cm) baking dish; top with sauce.
5. Bake 15 to 20 minutes or until bubbly and lightly browned. Sprinkle with olives. Makes 6 servings.

Source: Modified from *Fast and Healthy Magazine*, July 4, 1995.

—Susan Block

PUMPKIN DINNER

- 1 medium pumpkin
- 2 cups (500 mL) cooked rice
- 1-1/2 pounds (750 g) ground beef
- 1 stalk celery, chopped
- 1 medium yellow onion, chopped
- 1 can (10 oz/300 g) mushroom soup
- 1 can (10 oz/300 g) celery soup
- 1 can (10 oz/300 g) chicken soup
- 1 can (6 oz/180 g) water chestnuts, drained
- 1/2 cup (125 mL) brown sugar, firmly packed
- 1/2-1 teaspoon (2-5 mL) garlic powder
- 1/2-1 teaspoon (2-5 mL) basil
- 1/2-1 teaspoon (2-5 mL) salt
- 1/2-1 teaspoon (2-5 mL) black pepper

1. Preheat oven to 350° F (180° C).
2. Remove inside of pumpkin.
3. Prepare rice according to package directions.
4. In medium saucepan, brown ground beef with celery and onion.
5. Mix cooked rice, mushroom, celery, and chicken soup with beef.
6. Add brown sugar and water chestnuts; stir.
7. Add garlic powder, basil, salt, and pepper; stir.
8. Fill pumpkin and cover with beef mixture; cover with pumpkin top. Place in pan filled with shallow water. Bake about 1-1/2 hours. Makes 8 to 12 servings.

Note: Pumpkin can be carved before baking.

—Kelly Beard

PIZZA HOT DISH

- 1-1/2 pounds (750 g) ground beef
- 2 cans (10 oz/300 g) pizza sauce
- 1 can (10 oz/300 g) Cheddar cheese soup
- 1 package (8 oz/240 g) egg noddles

1. Preheat oven to 350° (180°C).
2. In medium skillet (23x33 cm), brown ground beef.
3. Cook egg noddles according to package directions.
4. In a medium mixing bowl, mix ground beef, pizza sauce, and soup; set aside.
5. Spread noodles in greased 9x13-inch (23x33 cm) pan; top with meat sauce; bake 30 to 45 minutes.

—Sarah Skulstad

EGGPLANT PARMIGIANA

- 1 large eggplant
- 1 cup (250 mL) wheat germ
- 1 teaspoon (5 mL) oregano
- 1/2 teaspoon (2 mL) black pepper
- 2 cups (500 mL) cottage cheese
- 1/2 cup (125 mL) milk
- 1/2 teaspoon (2 mL) salt
- 1 teaspoon (5 mL) basil
- 1/4 cup (50 mL) oil
- 3 cups (750 mL) grated mozzarella cheese, divided
- 2-1/2 cups (625 mL) tomato sauce, divided

1. Preheat oven to 350°F (180°C).
2. Slice eggplant into 1/4-inch (6 mm) rounds.
3. In small mixing bowl, mix wheat germ and spices.
4. Dip eggplant into milk, then into spice mixture.
5. In skillet, fry coated eggplant in oil, until light brown. Drain on paper towel; set aside.
6. In medium mixing bowl, combine cottage cheese and 2 cups (500 mL) grated cheese.
7. Spread 1/2 cup (125 mL) tomato sauce in baking dish; cover with layer of eggplant.
8. Spread one layer of cheese mixture, 1/2-inch (1 cm) thick, over eggplant. Repeat until all ingredients are used.
9. Top with remaining cheese; bake 45 minutes.
Makes 6 servings.

Source: Modified from *Kripalu Kitchen: A Natural Foods Cookbook and Nutritional Guide*

—Tira Pandolf

ITALIANO BREAD DISH

- 1 pound (500 g) diced tomatoes
- 1 teaspoon (5 mL) dried basil
- 1 tablespoon (15 mL) minced garlic
- 1/2 cups (125 mL) olive oil, divided
- 2 teaspoons (10 mL) salt
- 1/4 teaspoon (1 mL) white pepper
- 4 slices Italian bread

1. Preheat broiler.
2. In large mixing bowl, combine tomatoes, basil, garlic, 1/3 cup (75 mL) olive oil, salt, and white pepper; set aside.
3. Place bread on broiler pan; brush 1 teaspoon (5 mL) olive oil on each side of bread. Broil about one minute on each side, until crispy and brown.
4. Remove; spread 1/4 of tomato mixture on each slice of bread. Makes 4 servings.

—Scott Weber

BEEF STEW

1 tablespoon (15 mL) shortening
1 pound (500 g) beef, cut into 1-inch (2.5 cm) cubes
1 yellow onion, sliced
1/2 cup (125 mL) water
4 small potatoes, cut into chunks
1 cup (250 mL) fresh green beans
4 carrots, sliced
1 cup (50 mL) tomatoes, cut into chunks
1 tablespoon (15 mL) all-purpose flour
1/4 cup (50 mL) water

1. In pressure cooker, heat shortening; add meat; brown evenly.
2. Add onion and water. Cover and cook 12 minutes following pressure cooker directions; cool.
3. Add potatoes, beans, carrots, and tomatoes. Pressure cook 3 minutes; cool.
4. Make a paste of flour and water. Stir into stew; cook uncovered 2 to 3 minutes to thicken, stirring frequently.

—Amy Sylla

SOUTHWESTERN "FRIED" CHICKEN

- 1 tablespoon (15 mL) garlic powder
- 1 tablespoon (15 mL) onion powder
- 1 tablespoon (15 mL) paprika
- 1 tablespoon (15 mL) chili powder
- 1 teaspoon (5 mL) ground cumin
- 1/2 teaspoon (2 mL) salt
- 1/2 teaspoon (2 mL) black pepper
- 8 (6 oz/180 g) skinless chicken breasts, halved
- 1-1/2 cups (325 mL) low-fat buttermilk
- 1/2 cup (125 mL) bread crumbs
- 1/2 cup (125 mL) yellow cornmeal

1. Preheat oven to 400°F (200°C).
2. In mixing bowl, combine first 7 ingredients.
3. Rub chicken with 3 tablespoons (45 mL) spice mixture; set aside.
4. Place chicken in 9x13-inch (23x33 cm) baking dish; let stand 10 minutes.
5. Pour buttermilk over chicken, turning to coat. Cover and marinate in refrigerator 2 hours. Remove chicken; discard buttermilk.
6. Combine remaining spice mixture, bread crumbs, and cornmeal in shallow dish; stir well.
7. Coat chicken in bread crumb mixture; place on greased baking sheet.
8. Bake 20 minutes. Lightly coat chicken with cooking spray and bake an additional 20 minutes. Do not turn. Makes 8 servings.

Source: Modified from *Cooking Light Magazine*, April 1996.

—Susan Block

CAJUN STYLE FISH

2 cups (500 mL) water
1 cup (250 mL) uncooked instant rice
1/2 teaspoon (2 mL) salt
1/2 teaspoon (2 mL) ground red pepper
1/2 teaspoon (2 mL) ground white pepper
1/4 teaspoon (2 mL) ground black pepper
1/2 cup (125 mL) minced green onion
1/2 cup (125 mL) chopped green pepper
1/2 cup (125 mL) minced celery
2 cloves garlic, minced
1 tablespoon (15 mL) butter
1 pound (500 g) firm, white fish, any variety
1 can (15 oz/450 g) tomato sauce
1 teaspoon (5 mL) dried oregano

1. In 3 quart (3 L) saucepan, mix water, rice, salt, red, white, and black pepper. Bring to boil; stirring occasionally. Reduce heat; cover; simmer 15 minutes or until rice is tender.
2. In large skillet, cook onions, pepper, celery, and garlic, in butter, until tender.
3. Stir vegetable mixture, fish, tomato sauce, and oregano into hot rice. Cover; cook over medium heat 7 to 8 minutes or until fish flakes with fork. Makes 4 servings.

—*Scott Weber*

FLUFFY RICE AND CHICKEN

1 can (10.5 oz/315 g) cream of mushroom soup

1-1/2 cups (375 mL) milk

3/4 cup (175 mL) uncooked converted rice

1 can (4 oz/120 g) mushroom stems and pieces,
undrained

1 envelope (1.5 oz/45 g) onion soup mix, divided

2 boneless, skinless, chicken breasts, halved

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, mix soup and milk; reserve 1/2 cup (125 mL).
3. In separate bowl, mix remaining soup mixture, rice, mushrooms, and half onion soup mix. Pour into ungreased 9x13-inch (23x33 cm) baking dish.
4. Place chicken on top. Pour remaining soup mixture over chicken; sprinkle with remaining onion soup mix.
5. Cover with aluminum foil; bake 1 hour.
6. Uncover; bake an additional 15 minutes. Makes 4 servings.

Source: *Betty Crocker Recipe Card Library*

—Karen Greig

A TASTE OF THAI

2 tablespoons (30 mL) vegetable oil
1/4 cup (50 mL) sliced green onion
1 tablespoon (15 mL) curry powder
1 cup (250 mL) long grain white rice
2-1/2 cups (625 mL) hot water or vegetable broth
1/2 teaspoon (2 mL) salt
1/4 teaspoon (1 mL) cayenne pepper
3/4 cup (175 mL) frozen peas, thawed
1/2 cup (125 mL) coarsely chopped, roasted peanuts

1. In medium saucepan, heat oil. Add onion, rice, and curry powder, stirring until powder evenly coats rice.
2. Add water, salt, and pepper. Bring to boil. Reduce heat; cover; cook 20 minutes or until rice is tender.
3. Stir in peas and peanuts; cook an additional 3 minutes.
4. Remove from heat; serve hot. Makes 4 servings.

—Scott Weber

POTATO-SPINACH BAKE

- 1 package (10 oz/300 g) frozen spinach
 - 1 cup (250 mL) cottage cheese
 - 2 teaspoons (10 mL) dried Italian seasoning
 - 1/2 teaspoon (2 mL) garlic salt
 - 1/4 teaspoon (1 mL) black pepper
 - 1/4 teaspoon (1 mL) ground nutmeg
 - 1 bag (16 oz/500 g) frozen hashed brown potatoes
 - 1/2 cup (125 mL) shredded mozzarella cheese
 - 1/2 cup (125 mL) shredded Cheddar cheese
 - 1 jar (15 oz/450 g) spaghetti sauce, heated
1. Preheat oven to 375°F (190°C).
 2. In large mixing bowl, mix spinach, cottage cheese, seasoning, and spices.
 3. Layer half of potatoes in greased 2 quart (2 L) casserole dish. Spread spinach mixture over potatoes; top with remaining potatoes.
 4. Sprinkle cheeses over potatoes; bake 40 to 45 minutes.
 5. Spread warm spaghetti sauce over dish before serving. Makes 4 servings.

—Scott Weber

HAMBURGER PIZZA

If you want raves, then make your own pizza. My husband is especially fond of homemade pizza. He sometimes says with a hint in his voice, "I remember when you made pizza, it was so good."

Pizza Dough

- 1 package (1/4 oz/7 g) active dry yeast
- 1 cup (250 mL) warm water 105 to 115° F
(40 to 43° C)
- 2-1/2 cups (625 mL) flour
- 2 tablespoons (30 mL) vegetable oil
- 1 teaspoon (5 mL) sugar
- 1 teaspoon (5 mL) salt

Pizza Sauce

- 1 can (8 oz/240 g) tomato sauce
- 1 small onion, chopped
- 2 teaspoons (10 mL) dried oregano leaves
- 1/2 teaspoon (2 mL) salt
- 1/2 teaspoon (2 mL) garlic powder
- 1/4 teaspoon (1 mL) black pepper
- 8 ounces (240 g) ground beef
- 2 cups (500 mL) shredded Mozzarella cheese
- 1/4 cup (50 mL) grated Parmesan or Romano cheese

1. Preheat oven to 425° F (220° C).
2. To prepare dough, in 2-1/2 quart (2500 mL) bowl, dissolve yeast in water. Stir in remaining ingredients; beat vigorously 20 strokes. Cover; let rest 5 minutes.

3. To prepare sauce, in medium bowl, mix tomato sauce, onion, oregano, salt, garlic powder, and pepper.
4. Divide dough into halves. On greased cookie sheet make two, (30 cm) 12-inch circles with floured fingers.
5. Spread sauce over circles of dough to within 1/2-inch (1 cm) of edge.
6. In small skillet, lightly brown beef; drain. Sprinkle beef over pizza sauce; sprinkle cheese over beef.
7. Bake on lowest oven rack until cheese is light brown, 15 to 20 minutes. Makes 2 pizzas.

Source: Modified from *Betty Crocker's Cookbook*, 1986.

—Carol Seaborn

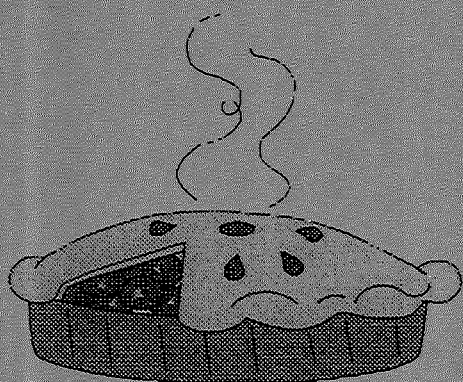
FAT-FREE FETTUCINI ALFREDO

1 pound (500 g) fettucini noodles
1 teaspoon (5 mL) cornstarch
1 can (5 oz/150 g) evaporated skim milk, divided
1 package (8 oz/240 g) fat-free cream cheese
Salt and pepper, to taste
1/2 pound (240 g) sliced mushrooms
6 scallions, chopped

1. Cook fettucini according to package directions.
2. To prepare sauce, in medium saucepan, mix cornstarch and 1 teaspoon (5 mL) milk.
3. Add remaining milk; bring to boil.
4. Reduce heat; slowly add cream cheese, stirring constantly; simmer until mixture thickens.
5. Add salt and pepper.
6. In non-stick skillet, saute mushrooms and scallions.
7. Toss fettucini with sauce; serve hot.

Source: Modified from *Fat Free Living Cookbook*

—Angie Miatke



Desserts

PUMPKIN BARS

Bars

- 3/4 cup (75 mL) margarine
- 2 cups (500 mL) sugar
- 1 can (16 oz/500 g) pumpkin
- 4 eggs
- 2 cups (500 mL) all-purpose flour
- 1 teaspoon (5 mL) ground cinnamon
- 2 teaspoon (10 mL) baking powder
- 1 teaspoon (5 mL) baking soda

Frosting

- 3 ounces (90 g) cream cheese, softened
- 1/4 cup (50 mL) margarine, softened
- 1 teaspoon (5 mL) vanilla extract
- 2 cups (500 mL) powdered sugar
- 1/2 cup (125 mL) chopped walnuts

1. Preheat oven to 325°F (160°C).
2. In large mixing bowl, cream margarine, sugar, pumpkin, and eggs; beat in flour, cinnamon, baking powder, and soda.
3. Pour into greased 15x12-inch (375x300 cm) pan; bake 25 minutes; cool.
4. To prepare frosting, in medium mixing bowl, beat cream cheese, margarine, and vanilla until fluffy; add powdered sugar.
5. Spread frosting over bars; sprinkle with nuts.

—Sara Menor

OATMEAL COOKIES

- 1 cup (250 mL) margarine, softened
- 1 cup (250 mL) brown sugar, firmly packed
- 1/2 cup (125 mL) sugar
- 1 egg
- 1 teaspoon (5 mL) vanilla extract
- 1-1/2 cup (375 mL) all-purpose flour
- 1/2 teaspoon (2 mL) salt
- 1 teaspoon (5 mL) baking soda
- 1-1/2 cups (375 mL) quick rolled oats.

1. Preheat oven to 350° F (180° C).
2. In large mixing bowl, cream margarine, sugars, egg, and vanilla; add flour, salt, and soda. Stir in oats.
3. Drop by teaspoons onto greased cookie sheets; bake 10-12 minutes.

—Sara Menor

SHORTBREAD COOKIES

This is a recipe that was passed on to me from my host mom in Scotland.

2-1/4 cups (550 mL) all-purpose flour

1/4 cup (50 mL) plus 2 tablespoons (30 mL) sugar

3/4 cup (175 mL) butter

1. Preheat oven to 350°F (180°C).
2. In medium bowl, mix flour and sugar together; cut in butter.
3. Knead with hands; roll out dough and cut with cookie cutters.
4. Bake 15-20 minutes; cool on cooling rack.

—Theresa Paukert

CRANBERRY BREAD PUDDING

6 cups (1500 mL) toasted whole wheat bread cubes,
packed
1 cup (250 mL) fresh cranberries
2 cups (500 mL) cranberry-raspberry
flavored beverage
1 cup (250 mL) honey
1/2 cup (125 mL) butter
1 teaspoon (5 mL) ground cinnamon
1/2 teaspoon (2 mL) ground nutmeg
1 cup (250 mL) raisins
Vanilla ice cream

1. Preheat oven to 350°F (180°C).
2. Place bread cubes in greased 2-quart (2 L) casserole dish.
3. In medium saucepan, combine cranberries, beverage, honey, butter, cinnamon, nutmeg, and raisins.
4. Bring to boil over medium heat. Boil gently until cranberries begin to pop.
5. Pour cranberry mixture over bread cubes and mix; set aside for 15 minutes.
6. Bake 45 minutes; serve warm with ice cream. Makes 10 servings.

Source: *Distinctively Ocean Spray*

—Trudy King

GERMAN CHOCOLATE CARAMEL BROWNIES

- 1 package (14 oz/420 g) caramels
- 1 box (21 oz/420 g) German chocolate cake mix
- 1/3 cup (75 mL) evaporated milk
- 3/4 cup (175 mL) butter, melted
- 6 ounces (180 g) semisweet chocolate chips

1. Preheat oven to 350°F (180°C).
2. In medium saucepan, melt caramels over low heat, stirring.
3. In medium mixing bowl, mix cake mix, evaporated milk, and butter.
4. Pour 1/2 to 1/3 cake batter into ungreased 9x13-inch (23x33 cm) cake pan; bake 6 to 8 minutes.
5. Cover cake with caramel, chips, and remaining cake batter; bake additional 15 to 18 minutes. Makes 15 servings.

—Sarah Skulstad

CHRISTMAS CUT-OUTS

- 3 cups (750 mL) all-purpose flour
- 1 cup (250 mL) sugar
- 1 teaspoon (5 mL) salt
- 1 teaspoon (5 mL) baking soda
- 1 teaspoon (5 mL) ground nutmeg
- 1 cup (250 mL) shortening
- 1 egg, well beaten
- 1 cup (250 mL) sour cream or yogurt, divided

1. Preheat oven to 425° F (220° C).
2. In medium bowl, sift together flour, sugar, salt, soda, and nutmeg.
3. Add shortening; using pastry blender, cut into flour mixture forming dough.
4. Add egg and half of sour cream; cut in with a knife.
5. Add remainder of sour cream to form a soft dough.
6. Cover; refrigerate 1 hour or longer.
7. Roll 1/8-inch (3 mm) thick; cut out using cookie cutters.
8. Bake 8 to 10 minutes until light and golden brown. Makes 3 to 4 dozen.

-Anne Dworak

CHERRY CHOCOLATE CAKE

Cake

- 1 package (21 oz/630 g) Devil's Food cake mix
- 1 can (21 oz/630 g) cherry pie filling
- 1 teaspoon (5 mL) almond extract

Frosting

- 1 cup (250 mL) sugar
- 5 tablespoons (75 mL) butter
- 1/3 cup (75 mL) milk
- 1 cup (250 mL) semisweet chocolate chips

1. Preheat oven to 350°F (180°C).
2. To prepare cake, in medium bowl, mix all ingredients; beat well.
3. Spread in greased 9x13-inch (23x33 cm) pan. Bake 30 minutes; cool.
4. To prepare frosting, in small saucepan, boil sugar, butter, and milk 1 minute, stirring constantly.
5. Add chips; stir until spreading consistency. Spread over cake.

-Carol Reinhardt

BROWNIES

1-1/3 cups (325 mL) all-purpose flour
1/2 cup (125 mL) cocoa powder
1/2 teaspoon (2 mL) baking powder
1/2 teaspoon (2 mL) salt
1/2 cup (125 mL) shortening
2 cups (500 mL) sugar
4 eggs
1/2 cup (125 mL) milk
1 teaspoon (5 mL) vanilla extract
1/2 cup (125 mL) walnuts, coarsely chopped
1 tablespoon (15 mL) all-purpose flour
Chocolate frosting (optional)

1. Preheat oven to 350°F (180°C).
2. Sift dry ingredients together.
3. In large mixing bowl, using electric mixer, cream shortening and sugar.
4. Add eggs; beat well.
5. Add dry ingredients alternately with milk, beating after each addition. Stir in vanilla.
6. Coat walnuts with flour; add to batter.
7. Spread on greased cookie sheet; bake 25 minutes; cool. Top with chocolate frosting, if desired.

-Helen Hamann

PEANUT BUTTER PARFAIT

This dessert is wonderful and rich! The best part is you can use fudge topping alone for fudge or ice cream topping.

Fudge Topping

- 1/2 cup (125 mL) butter
- 2 cups (500 mL) powdered sugar
- 1-1/2 cups (375 mL) evaporated milk
- 1 cup (250 mL) semisweet chocolate chips
- 1 teaspoon (5 mL) vanilla extract

Crust

- 1 pound (500 g) Oreo cookies, crushed
- 1/2 cup (125 mL) butter, melted
- 2 quarts (2 L) vanilla ice cream, softened
- 1 cup (250 mL) peanuts

1. To prepare topping, in medium saucepan, bring butter, powdered sugar, milk and chips to a boil; simmer 8 minutes, stirring constantly.
2. Add vanilla; set aside; cool.
3. To prepare crust, in medium bowl, mix cookies with butter; place in 9x13-inch (23x33 cm) pan.
4. Spread ice cream over crust. Sprinkle with peanuts.
5. Spread with fudge topping; freeze.

—Maggie Peterman

NO BAKE CHOCOLATE OATMEAL COOKIES

1 cup (250 mL) sugar
2 tablespoons (30 mL) unsweetened cocoa powder
1/2 cup (125 mL) skim milk
1 teaspoon (5 mL) vanilla extract
1/2 cup (125 mL) fat reduced creamy peanut butter
3 cups (750 mL) quick oatmeal
1/2 teaspoon (2 mL) salt (optional)

1. In heavy saucepan, mix sugar, salt, cocoa, and milk; bring to boil.
2. Remove from heat; add vanilla and peanut butter; mix well; add oatmeal.
3. Drop by spoonfuls on waxed paper; let stand until firm.

—Sara Knoll

AUNT MAE TIMM'S TOFFEE BARS

Crust

- 1 cup (125 mL) butter, softened
- 1 cup (125 mL) brown sugar, firmly packed
- 2 cups (500 mL) all-purpose flour
- 1 egg yolk
- 1 tablespoon (15 mL) vanilla extract

Frosting

- 2 ounces (60 g) Baker's semisweet chocolate, melted
- 2 tablespoons (15 mL) butter, softened
- 1/4 cup (50 mL) cream
- 1-3/4 cups (425 mL) powdered sugar
- Nuts, chopped (optional)

1. Preheat oven to 350°F (180°C).
2. In medium bowl, mix together crust ingredients; pat in 10x15-inch (25x39 cm) ungreased pan. Bake 15 minutes; cool.
3. To make frosting, in small bowl, using electric mixer on high speed, beat chocolate, butter, cream, and powdered sugar 4 minutes until smooth.
4. Spread on bars; sprinkle with nuts, if desired.

-Lori Vavrek

GRAHAM CRACKER PRALINES

10 graham crackers
3/4 cup (175 mL) pecans, chopped
1/2 cup (125 mL) butter
1/2 cup (125 mL) margarine
1/2 cup (125 mL) sugar

1. Preheat oven to 350°F (180°C).
2. Break each cracker into 4 pieces; place side by side on greased cookie sheet.
3. Sprinkle pecans evenly over crackers.
4. In small saucepan, melt butter and margarine; add sugar while stirring. Bring to boil; continue stirring; cook about 3 minutes. Pour evenly over crackers.
5. Bake 12 minutes. Using spatula, immediately remove crackers; place on waxed paper. Cool.

-Bettye Rosin

BANANA CREAM DESSERT

Crust

- 1 cup (25 mL) margarine, softened
- 1-1/2 cups (375 mL) all-purpose flour
- 1 cup (250 mL) chopped walnuts

First Layer

- 8 ounces (180 g) cream cheese, softened
- 1 cup (250 mL) powdered sugar
- 2 cups (500 mL) Cool Whip

Second Layer

- 6 ounces (180 g) French Vanilla instant pudding
- 3 cups (750 mL) milk
- 3 sliced bananas

1. Preheat oven to 350°F (180°C).
2. In medium bowl, mix ingredients of crust together; place in ungreased 9x13-inch (23x33 cm) pan.
3. Bake 15 minutes; cool; set aside.
4. In medium bowl, using mixer, beat cream cheese; fold in powdered sugar and Cool Whip.
5. Spread mixture over crust; set aside.
6. In separate bowl, mix pudding and milk; beat with mixer until thick; fold in bananas.
7. Spread over first layer; chill.
8. Serve with Cool Whip. Makes 15 servings.

—Rosanne Kassaukert

OATMEAL, PUMPKIN, CHOCOLATE CHIP COOKIES

2-1/4 cups (550 mL) all-purpose flour
1 teaspoon (5 mL) baking powder
1 teaspoon (5 mL) baking soda
1/2 teaspoon (2 mL) salt
1 teaspoon (5 mL) ground cinnamon
1/2 teaspoon (2 mL) ground nutmeg
3/4 cup (175 mL) quick rolled oats
1/2 cup (125 mL) butter
1-1/2 cups (375 mL) sugar
1-1/2 cups (375 mL) pumpkin
1 egg
1 teaspoon (5 mL) vanilla extract
8 ounces (240 g) semisweet chocolate chips

Glaze

2 cups (500 mL) powdered sugar
3 tablespoons (45 mL) milk
1 tablespoon (15 mL) butter
1 teaspoon (5 mL) vanilla extract

1. Preheat oven to 350°F (180°C).
2. In medium bowl, combine dry ingredients.
3. In large bowl, cream butter and sugar; beat in pumpkin, egg, and vanilla.
4. Mix in dry ingredients; add chips.
5. Drop dough on greased cookie sheet using tablespoon; flatten slightly with spoon.
6. Bake 18-22 minutes or until light brown. Remove; place cookies on cooling rack.
7. To prepare glaze, in small bowl, mix ingredients until smooth. Glaze cookies lightly.

-NFA Member

DANISH PUFF

Crust

1 cup (250 mL) all-purpose flour
1/2 cup (125 mL) butter or margarine
2 tablespoons (30 mL) water

Filling

1/2 cup (125 mL) butter
1 cup (250 mL) hot water
1 teaspoon (5 mL) almond extract
1 cup (250 mL) all-purpose flour
3 eggs

1. Preheat oven to 350°F (180°C).
2. In medium bowl, add flour; cut in butter with pastry blender.
3. Sprinkle with water; mix with fork. Divide in half; pat dough into 2 strips, 3x12-inch (8x30 cm), on cookie sheet; set aside.
4. To prepare filling, in medium saucepan, mix butter and water; bring to boil; add extract. Remove from heat.
5. Stir in flour immediately; beat until thick and smooth; add eggs, one at a time; beat until smooth.
6. Spread 1/2 of mixture evenly over each pastry strip. Bake 50 to 60 minutes until topping is crisp and browned. Cool; frost with icing of choice.

—Pat Stone

PISTACHIO TORTE

1/2 cup (125 mL) margarine, melted
36 Ritz crackers, crushed
1-1/2 cup (375 mL) milk
2 packages (4 oz/120 g) pistachio instant pudding
1 quart (1 L) vanilla ice cream, softened
1 container (16 oz/500 g) Cool Whip
2 Heath bars, crushed

1. Preheat oven to 350°F (180°C).
2. In small mixing bowl, mix butter and crackers. Press in 9x13-inch (23x33 cm) pan. Bake 10 minutes.
3. Cool; set aside.
4. In small mixing bowl, blend milk with pudding; mix in ice cream. Pour over crust; chill.
5. Spread Cool Whip on top; sprinkle with Heath bars.

—Sara Menor

TOFFEE BARS

- 1 cup (250 mL) margarine, softened
- 1 cup (250 mL) brown sugar, firmly packed
- 1 egg
- 1 teaspoon (5 mL) vanilla extract
- 2 cups (500 mL) all-purpose flour
- 1/2 teaspoon (2 mL) salt
- 2 cups (500 mL) semisweet chocolate chips
- 1 cup (250 mL) chopped nuts
- 1/4 cup (50 mL) powdered sugar

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, cream margarine and sugar; blend in egg and extract.
3. Add flour and salt. Spread on greased cookie sheet. Bake 15 to 20 minutes.
4. While hot, sprinkle with chips. Sprinkle with nuts; dust with powdered sugar.

—Sara Menor

APPLE CRISP

4 cups (1 L) baking apples, sliced
1 cup (250 mL) all-purpose flour
3/4 cup (175 mL) brown sugar, firmly packed
1/2 cup (125 mL) margarine, softened
1 teaspoon (5 mL) ground cinnamon
1/4 teaspoon (1 mL) ground nutmeg
Ice cream
Cool Whip

1. Preheat oven to 375°F (190°C).
2. Place apples in greased 1-1/2 quart (1500 mL) baking dish. In small bowl, combine remaining ingredients; mix until crumbly.
3. Sprinkle mixture evenly over apples; bake 30 minutes or until apples are cooked.
4. Serve warm with ice cream or Cool Whip.

—Sara Menor

HO-HO BARS

Bottom Layer

1 box (21 oz/630 g) chocolate cake mix

Middle Layer

1 cup (250 mL) sugar

1 can (5 oz/150 mL) evaporated milk

3/4 cup (175 mL) shortening

1/2 cup (125 mL) margarine, softened

2 teaspoons (10 mL) vanilla extract

Dash of salt

Top Layer

1 cup (250 mL) semisweet chocolate chips

2 eggs

1/2 cup (125 mL) margarine, softened

1. Preheat oven to 350° F (180° C).
2. Prepare cake mix according to package directions. Spread in 10x12-inch (25x30 cm) jelly roll pan; bake. Cool.
3. To prepare middle layer, in medium mixing bowl, beat all ingredients until creamy. Spread on cooled cake.
4. To prepare top layer, melt chips; add margarine and eggs. Beat until smooth. Cool slightly; spread on bars.

-Sara Menor

HOWARD HOXIE'S NO-FAT CHOCOLATE OATMEAL COOKIES

3/4 cup (175 mL) applesauce or fruit puree
1 egg or egg substitute
1 teaspoon (5 mL) vanilla extract
1/4 cup (50 mL) milk
1 cup (250 mL) sugar
1/4 teaspoon (1 mL) salt
1-1/4 cup (300 mL) whole wheat flour
1 cup (250 mL) rolled oats
1 teaspoon (5 mL) baking powder
6 tablespoons (90 mL) unsweetened cocoa powder

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, mix sugar with liquid ingredients.
3. In a separate mixing bowl, combine dry ingredients; mix with liquid ingredients.
4. Drop onto cookie sheets; bake 10 to 12 minutes.
Makes 2 to 3 dozen.

Source: *The Amherst Bulletin*, April 1996

—Tira Pandolf

TEXAS PRALINES

This recipe was given to me by Evelyn Maxey who taught home economics with me at Olton High School in Texas. If you like pecans, you will be sure to enjoy these pralines.

- 1 cup (250 mL) brown sugar, firmly packed
- 1 cup (250 mL) sugar
- 1 cup (250 mL) light Karo syrup
- 1 can (8 oz/240 g) sweetened condensed milk
- 1 cup (250 mL) margarine
- 2 cups (500 mL) pecans
- 1 teaspoon (5 mL) vanilla extract
- 3/4 teaspoon (4 mL) almond extract

1. In heavy saucepan, combine the sugars, syrup, milk, and margarine; boil over medium heat. Stir frequently to prevent scorching. Cook to 250°F (120°C).
2. Add pecans, vanilla, and almond extract; stir until thick.
3. Drop by spoonfuls into buttered muffin tins. (If the mixture becomes too thick, stir in a small amount of warm water.) Makes 15 pralines.

—Carol Seaborn

LOW-FAT FUDGY BROWNIES

4 ounces (120 g) unsweetened chocolate
1/2 cup (125 mL) prune puree
3 large egg whites
1 cup (250 mL) sugar
1 teaspoon (5 mL) salt
1 teaspoon (5 mL) vanilla extract
1/2 cup (125 mL) all-purpose flour
1/4 cup (50 mL) chopped walnuts

1. Preheat oven to 350°F (180°C).
2. Coat an 8-inch (22 cm) square baking pan with vegetable cooking spray.
3. To make prune puree, combine prunes and water in container of food processor; puree until smooth; set aside.
4. Cut chocolate into 1-inch (2.5 cm) pieces; place in heatproof bowl. Melt in double boiler or microwave oven; stir occasionally until chocolate is melted. Remove from heat; set aside.
5. In medium mixing bowl, combine chocolate, prune puree, egg whites, sugar, salt, and vanilla; beat to blend thoroughly. Mix in flour.
6. Spread batter in prepared pan; sprinkle with walnuts. Bake about 30 minutes until springy to the touch about 2 inches (5 cm) around edges. Cool on rack. Cut into 1-1/2-inch (7 cm) squares. Makes 3 dozen brownies.

Source: Modified from *California Prune Board*

—Judy Buechner

DATE BARS

Filling

- 1 pound (500 g) chopped dates
- 1 cup (250 mL) water
- 1 cup (250 mL) sugar

Crust

- 1 cup (250 mL) brown sugar, firmly packed
- 1-1/2 cups (375 mL) quick rolled oats
- 1/2 teaspoon (2 mL) salt
- 2-1/2 cups (625 mL) all-purpose flour
- 1 teaspoon (5 mL) baking soda
- 1 cup (250 mL) butter, softened

1. Preheat oven to 350°F (180°C).
2. To prepare filling, in medium saucepan, mix dates, water, and sugar; bring to boil.
3. Set aside; cool.
4. To prepare crust, in medium mixing bowl, mix dry ingredients. Using pastry blender or fork, cut in butter until crumbly.
5. Pat half of mixture into greased 9x13-inch (23x33 cm) pan.
6. Spread date mixture over crust.
7. Sprinkle remaining dough over dates; bake 25 minutes.

Source: Modified from *St. Paul's Catholic Church Cookbook*

—Kim Shafer

COWBOY COOKIES

My first nutrition teacher gave a similar recipe to her students. She stressed how healthy these cookies were because of the oats, raisins, and nuts. I submitted this recipe to honor Miss Woods. The recipe was modified from a recipe in Chocolate Lover's Cookies and Brownies, published in 1989. Its title, "Cowboy Cookies," reminded me of the infamous football team of my alma mater, Oklahoma State University, the "Cowboys."

1/2 cup (125 mL) butter or margarine, softened
1/2 cup (125 mL) light brown sugar, firmly packed
1/4 cup (50 mL) sugar
1 egg
1 teaspoon (5 mL) vanilla extract
1 cup (250 mL) all-purpose flour
2 tablespoons (30 mL) unsweetened cocoa powder
1/4 teaspoon (1 mL) baking soda
1 cup (250 mL) uncooked rolled oats
1 cup (250 mL) semisweet chocolate chips
1/2 cup (125 mL) raisins
1/2 cup (125 mL) chopped nuts

1. Preheat oven to 375°F (190°C).
2. Lightly grease cookie sheets or line with parchment paper.
3. In large mixing bowl, cream butter and sugars; add egg and vanilla; beat until fluffy.
4. In small mixing bowl, combine flour, cocoa, baking powder, and soda; stir into creamed mixture.
5. Stir in oats, chips, raisins, and nuts.

6. Drop dough by spoonfuls, 2-inches (5 cm) apart onto cookie sheets; bake 10 to 12 minutes or until edges are lightly browned.
7. Place on wire racks to cool. Makes 4 dozen cookies.

—Carol Seaborn

KRINGLA

This is a Christmas holiday favorite for my family, and fun to make! This is a great treat to leave for Santa!

1-1/2 cups (375 mL) sugar

1 egg

2-1/2 cups (625 mL) sour cream (do not use light or fat-free)

4 cups (1 L) all-purpose flour

2 teaspoon (10 mL) baking soda

1/4 teaspoon (1 mL) salt

1. Preheat oven to 350°F (180°C).
2. In medium mixing bowl, mix sugar, egg, and sour cream; add flour, soda, and salt; mix well.
3. Roll tablespoon size pieces of dough on well floured surface, until pencil thin; twist ropes into cookies.
4. Place on greased cookie sheet; bake about 8 minutes. Makes 60 cookies.

—Norma Hartfiel

RHUBARB MERINGUE DESSERT

Crust

1 cup (250 mL) all-purpose flour
1/2 cup (125 mL) margarine, softened
2 tablespoons (30 mL) sugar

Filling

3 cups (750 mL) rhubarb, finely chopped
1 cup (250 mL) sugar
3 tablespoons (45 mL) all-purpose flour
3 egg yolks, beaten
1 teaspoon (5 mL) vanilla extract
1/2 cup (125 mL) whipping cream
1/4 teaspoon (1 mL) salt

Meringue

3 egg whites
1/4 tsp (1 mL) cream of tartar
1/4 cup (50 mL) sugar plus 2 tablespoons (30 mL)
1/2 teaspoon (2 mL) vanilla extract

1. Preheat oven to 350° F (180° C).
2. To prepare crust, in medium mixing bowl, mix flour, margarine, and sugar.
3. Pat in 9x9-inch (23x23 cm) pan; bake 10 minutes.
4. To prepare filling, in medium mixing bowl, mix all ingredients; bake 35 to 40 minutes.
5. To prepare meringue, in medium mixing bowl, beat egg whites until foamy. Add cream of tartar.

6. Gradually add sugar, 1 tablespoon (15 mL) at a time; continue beating to stiff peak stage. Add vanilla.
7. Spread over filling. Increase oven temperature to 375° F (190° C); bake 10 minutes.

—Amy Sylla

CAKE MIX COOKIES

1 box (18.25 oz/547 g) cake mix, any variety
1/2 cup (125 mL) vegetable oil
2 eggs

1. Preheat oven to 350° F (180° C).
2. In medium bowl, beat cake mix, oil, and eggs.
3. Drop dough by spoonfuls onto greased cookie sheet, about 2-inches (5 cm) apart.
4. Bake 8 to 10 minutes; cool before serving.

—Laura Rudolph

CHOCOLATE MINT GATEAU

My recipe was a second place winner selected from over 15,000 entries in the Watkins National recipe contest held to celebrate Watkins 125th anniversary.

Cake

1/2 cup (125 mL) unsweetened cocoa powder
1/2 cup (125 mL) boiling water
2-1/2 cups (625 mL) sifted cake flour
1-1/2 teaspoons (7 mL) baking soda
1/2 teaspoon (2 mL) salt
2/3 cup (150 mL) vegetable shortening
1/2 teaspoon (2 mL) Watkins chocolate mint flavor
1-3/4 cups (425 mL) sugar
2 eggs
1 cup (250 mL) buttermilk

Mint Filling

3/4 cup (175 mL) butter or margarine, softened
3 cups (750 mL) powdered sugar
3 tablespoons (45 mL) milk
1-1/2 teaspoons (7 mL) Watkins peppermint extract
4-6 drops green food coloring

Chocolate Glaze

1/2 cup (125 mL) butter or margarine
1 cup (250 mL) semisweet chocolate chips
1 teaspoon (5 mL) Watkins vanilla extract
1-2 tablespoons (15-30 mL) unbroken
sliced almonds, for garnish

1. Preheat oven to 350°F (180°C). In small bowl, add cocoa to boiling water, stirring until smooth; cool to room temperature.
2. In medium bowl, mix flour, baking soda and salt; set aside.
3. Stir shortening to soften; add chocolate mint flavor. Gradually add sugar and continue beating until light and fluffy.
4. Add eggs, one at a time, beating well after each addition. Beat in cooled cocoa mixture.
5. Add dry ingredients alternately with the buttermilk, beginning and ending with dry ingredients; mix well.
6. Pour batter into two 9-inch (22 cm), light greased springform pans or two 9-inch (22 cm) cake pans with removable bottoms. Bake for 35-40 minutes.
7. Remove from oven; cool on wire rack 10 minutes. Remove rim of pan and cool completely.
8. To prepare mint filling, combine all ingredients; beat until smooth. Spread half of mint filling over each cooled cake. Refrigerate cakes until mint filling is chilled and firm, approximately 45 minutes.
9. To prepare chocolate glaze, melt butter and chocolate chips over low heat. Add vanilla extract. Cool slightly. Spread half of chocolate glaze over chilled mint filling on each cake. Garnish with sliced almonds. Makes 2 cakes.

-Gladys Earl

SNICKERDOODLES

These cinnamon-sugar cookies puff up and collapse during baking, giving a crisp, crinkled appearance, and a moist, chewy center. I got these from the Pillsbury Cookbook when I married in 1965. My husband still likes these cookies.

1 cup (250 mL) butter or margarine, softened
1-1/2 cups (375 mL) sugar
2 eggs
1 teaspoon (5 mL) vanilla extract
2-2/3 cups (650 mL) all-purpose flour
1 teaspoon (5 mL) cream of tartar
1/2 teaspoon (2 mL) baking soda
1/4 teaspoon (1 mL) salt
2 tablespoons (30 mL) sugar
2 teaspoon (10 mL) ground cinnamon

1. Preheat oven to 400°F (200°C).
2. In medium mixing bowl, cream butter and sugar; beat in eggs and vanilla.
3. Stir in flour, cream of tartar, soda, and salt; shape dough into balls.
4. In small bowl, combine sugar and cinnamon; roll balls in mixture.
5. On ungreased baking sheet, place balls 2-inches (5 cm) apart; bake 10 minutes. Makes 44 cookies.

—Carol Seaborn

MONSTER COOKIES

6 eggs
1 pound (500 g) brown sugar, firmly packed
2 cups (500 mL) sugar
1-1/2 teaspoons (7 mL) vanilla extract
1-1/2 teaspoons (7 mL) corn syrup
1 cup (250 mL) butter, not margarine
4 teaspoons (20 mL) baking soda
1-1/2 pounds (750 g) crunchy peanut butter
9 cups (2250 mL) quick rolled oats
8 ounces (240 g) semisweet chocolate chips
8 ounces (240 g) M & M's

1. Preheat oven to 350°F.
2. In large mixing bowl, cream eggs, sugars, vanilla, syrup, and butter; add soda.
3. Stir in peanut butter, oats, chips, and M & M's.
4. Drop by large tablespoons onto greased cookie sheets; flatten slightly; bake 12 minutes. Makes 60 large cookies.

Note: Recipe can be cut in half to make smaller cookies.

—Norma Hartfiel

COOKIE DELIGHT

1 cup (250 mL) buttermilk
1 package (3.4 oz/102 g) instant vanilla pudding
1 carton (18 oz/540 g) Cool Whip
1 can (15 oz/450 g) mandarin oranges, drained
3/4 bag (10.5 oz/315 g) miniature marshmallows
1/2-3/4 bag (11.5 oz/345 g) shortbread fudge striped
cookies, crushed

1. In medium mixing bowl, beat buttermilk and pudding until creamy.
2. Stir in Cool Whip, oranges, and marshmallows.
3. Add cookies before serving.

—Sarah Skulstad

DIRT CAKE

This recipe can be a lot of fun. My mother-in-law likes to layer the ingredients in clean clay flower pots. For added fun, add gummy worms or an artificial flower.

- 1 package (20 oz/600 g) chocolate sandwich cookies, crushed, divided
- 1 package (3.4 oz/102 g) instant French vanilla pudding
- 2 cups (500 mL) milk
- 1 package (8 oz/240 g) cream cheese, softened

1. Prepare pudding according to package directions.
2. Spread half of cookies into 9x9-inch (23x23 cm) pan.
3. In medium mixing bowl, beat cream cheese into pudding.
4. Spoon pudding mixture onto cookies; spread remaining cookies over pudding.
5. Chill 1 hour before serving.

—Scott Weber

GENI BARS

Crust

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) margarine, softened
- 1/2 cup (125 mL) brown sugar, firmly packed
- 1 cup (250 mL) chopped walnuts (optional)

Topping

- 1 container (8 oz/240 g) Cool Whip
- 1 package (8 oz/240 g) cream cheese, softened
- 1 cup (250 mL) powdered sugar
- 2 Heath candy bars, crushed

1. Preheat oven to 350°F (180°C).
2. To prepare crust, in medium mixing bowl, mix all ingredients. Pat into ungreased 9x13-inch (23x33 cm) pan; bake 15 to 20 minutes; set aside.
3. To prepare topping, in medium mixing bowl, mix all ingredients. Spread on crust; sprinkle with Heath bars.

—Connie Schultz

PINEAPPLE CHEESECAKE

- 3/4 cup (175 mL) fat-free granola, ground
into pieces
- 1 container (16 oz/500 g) fat-free cottage cheese
- 1 package (8 oz/240 g) fat-free cream
cheese, softened
- 1/4 cup (50 mL) plus 2 tablespoons (30 mL)
all-purpose flour
- 1-1/4 cups (300 mL) sugar
- 4 egg whites, beaten
- 1 teaspoon (5 mL) vanilla extract
- 1 cup (250 mL) crushed pineapple, drained

1. Preheat oven to 325°F (160°C).
2. Spread granola in greased springform pan.
3. In medium mixing bowl, beat cottage cheese and cream cheese until smooth.
4. Add sugar, egg whites, and vanilla; mix well. Stir in pineapple.
5. Pour onto granola; bake 1 hour.
6. Turn oven off; let cake remain in oven for an additional hour, with door slightly open.

Source: Modified from *Fat Free Living Cookbook*

—Angie Miatke

DELUXE BROWNIE SWIRL

Brownie Mixture

4 ounces (120 g) unsweetened chocolate
3/4 cup (175 mL) butter
2 cups (500 mL) sugar
3 eggs
1 teaspoon (5 mL) vanilla extract
1 cup (250 mL) all-purpose flour

Swirl Mixture

1 package (8 oz/240 g) cream cheese, softened
1/3 cup (75 mL) sugar
2 tablespoons (30 mL) all-purpose flour
1 egg

1. Preheat oven to 350°F (180°C).
2. To prepare brownie mixture, in medium saucepan, heat butter and chocolate until melted. Stir in sugar; mix well.
3. Add eggs and vanilla. Stir in flour; mix well.
4. Spread brownie mixture into greased 9x13-inch (23x33 cm) baking pan.
5. To prepare swirl mixture, in medium mixing bowl, swirl with knife to marleize; bake 40 minutes. Makes 24 brownies.

—Scott Weber

KIT KAT BARS

- 1 box (16 oz/500 g) Waverly crackers
- 1 cup (250 mL) margarine
- 1/3 cup (75 mL) sugar
- 2 cups (500 mL) graham cracker crumbs
- 1/2 cup (125 mL) milk
- 1 cup (250 mL) brown sugar, firmly packed
- 1/2 cup (125 mL) semisweet chocolate chips
- 1/2 cup (125 mL) butterscotch chips
- 2/3 cup (150 mL) creamy peanut butter

1. Line 9x13-inch (23x33 cm) pan with Waverly crackers.
2. In medium saucepan, bring margarine, sugar, graham crackers, and milk to a boil; boil 5 minutes, stirring constantly.
3. Pour half of sauce over crackers. Put another layer of crackers on top.
4. Pour remaining sauce over crackers. Put another layer of crackers on top.
5. In small sauce pan, melt chips and peanut butter; spread over crackers.

—Faye Braun

VANILLA CREAM PUDDING

1/3 cup (75 mL) sugar
2 tablespoons (30 mL) cornstarch
1/2 teaspoon (2 mL) salt
2 cups (500 mL) milk
2 egg yolks, slightly beaten
2 tablespoons (30 mL) butter or margarine, softened
2 teaspoons (10 mL) vanilla extract

1. In medium saucepan, combine sugar, cornstarch, and salt.
2. In small mixing bowl, combine milk and yolks; gradually stir into sugar mixture.
3. Cook over medium heat, stirring constantly, until mixture thickens and boils.
4. Boil and stir 1 minute. Remove from heat; stir in butter and vanilla.

Note: May be served warm or chilled. Add a favorite fruit topping such as fresh raspberries or strawberries for a unique garnish and extra flavor.

—Karen Greig

HAWAIIAN CREAM CAKE

This cake was taken to almost all of our family's school functions. We always came home with an empty pan. The principal at our high school adored it. At my sister's graduation he even mentioned to the entire school that the cake with the "fluffy stuff" on top would be missed.

- 1 box (18.25 oz/547 g) yellow cake mix
- 1 package (8 oz/240 g) cream cheese, softened
- 1 box (3.4 oz/102 g) instant vanilla pudding
- 1 cup (250 mL) 2% milk
- 1 can (20 oz/600 g) crushed pineapple drained
- Whipped cream or Cool Whip
- 1/4 cup (50 mL) walnuts, finely chopped

1. Prepare cake according to package directions. Bake in 9x13-inch (23x33 cm) pan.
2. Allow cake to cool completely.
3. In small mixing bowl, beat cream cheese, pudding and milk together; spread over cake.
4. Spread pineapple over cream cheese mixture; cover with whipped cream.
5. Sprinkle nuts over top. Refrigerate.

—Sherri Broniarczyk

JELLO COOKIES

These are the cookies from my childhood. When my friends came over to visit they always commented on how our house smelled like cookies. Looking back, I know it was my mom's touch and her Jello cookies that made our house smell like home.

1 cup (250 mL) shortening
1 cup (250 mL) sugar
1 package (3 oz/90 g) cherry Jello
3 eggs
3 cups (750 mL) all-purpose flour
1 teaspoon (5 mL) baking powder
1/2 teaspoon (2 mL) salt

1. Preheat oven to 350°F (180°C).
2. Cream shortening with sugar. Add Jello and continue creaming until light and fluffy.
3. Add eggs, one at a time, beating thoroughly.
4. Add remaining dry ingredients; cover; chill overnight.
5. Divide dough into 3 portions. On floured surface, roll each portion 1/4-inch (6 mm) thick; cut with cookie cutters.
6. Bake on ungreased cookie sheet about 8 minutes or until done.

—Sherri Broniarczyk

CHOCOLATE CHIP COOKIES

3/4 cup (175 mL) butter flavored Crisco
3/4 cup (175 mL) sugar
1/2 cup (125 mL) brown sugar, firmly packed
2 tablespoons (30 mL) milk
1 tablespoon (15 mL) vanilla extract
1 egg, beaten
1-3/4 cups (425 mL) all-purpose flour
1 teaspoon (5 mL) salt
3/4 teaspoon (4 mL) baking soda
6 ounces (180 g) milk chocolate chips

1. Preheat oven to 375°F (190°C).
2. In medium mixing bowl, mix Crisco, sugars, milk, vanilla, and egg; beat until creamy.
3. Add flour, salt, and soda; beat well.
4. Add chips; stir well.
5. Drop onto ungreased cookie sheets, placing about 3-inches (8 cm) apart.
6. Bake one sheet at a time 8 to 10 minutes.

-Tracy Sand

CINNAMON APPLE CRISP

6 medium apples pared, cored, thinly sliced
1 cup (250 mL) water
1 box (18.25 oz/547 g) white cake mix
1 cup (250 mL) brown sugar, firmly packed
1/2 cup (125 mL) butter, melted
1 teaspoon (5 mL) ground cinnamon
Ice cream or Cool Whip

1. Preheat oven to 350°F (180°C).
2. Arrange apple slices in ungreased 9x13-inch (23x33 cm) pan.
3. Pour water over apples.
4. Combine cake mix, sugar, butter, and cinnamon; stir until blended (mixture will be crumbly).
5. Sprinkle topping over apple slices; bake 50 to 55 minutes.
6. Serve warm with ice cream or Cool Whip.

—Tracy Sand

MIXED NUT BARS

Crust

1-1/2 cups (375 mL) all-purpose flour
3/4 cup (175 mL) brown sugar, firmly packed
1/2 cup (125 mL) butter, softened

Topping

1 package (6 oz/180 g) butterscotch chips
1/2 cup (125 mL) light Karo syrup
2 tablespoons (30 mL) butter
1 tablespoon (15 mL) water
1 can (10 oz/300 g) mixed nuts, without peanuts

1. Preheat oven to 350°F (180°C).
2. To prepare crust, in medium mixing bowl, mix flour, sugar, and butter.
3. Pat in 9x13-inch (23x33 cm) pan; bake 10 minutes. Set aside; cool.
4. To prepare topping, in medium saucepan, melt chips. Add syrup, butter, and water; stir; set aside.
5. Spread nuts over crust; pour sauce over nuts; bake an additional 10 minutes.

Source: Modified from *URW Local 741 Cookbook*

—Kim Shafer

NUT GOODY BARS

- 1 package (12 oz/360 g) semisweet chocolate chips
- 1 package (12 oz/360 g) butterscotch chips
- 1 cup (250 mL) creamy peanut butter
- 1/2 cup (125 mL) chopped walnuts
- 1 bag (10.5 oz/415 g) miniature marshmallows

1. In medium mixing bowl, mix chocolate chips, butterscotch chips, peanut butter, nuts, and marshmallows.
2. Pour mixture into 9x13-inch (23x33 cm) pan; cool; cut into bars. Makes 24 bars.

—Faye Braun

BAKED APPLES

- 4 small apples, any variety, cored, pared
- 4 teaspoons (20 mL) raisins
- 2 teaspoons (10 mL) ground cinnamon
- 4 teaspoons (20 mL) brown sugar, firmly packed
- 1/2 cup (125 mL) apple or orange juice

1. Place apples in microwave safe dish.
2. Fill center of apples with raisins.
3. In small bowl, combine cinnamon and sugar; sprinkle over raisins.
4. Pour juice over apples. Cover with waxed paper; cook on high 8-10 minutes per apple.
5. Let apples stand several minutes before serving.

Source: Modified from *Fat Free Living Cookbook*

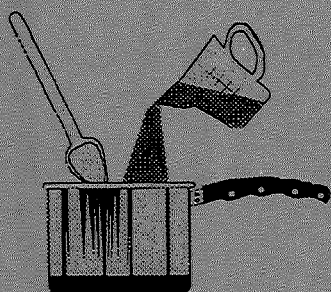
—Angie Miatke

LAMB'S WOOL PIE

- 1 can (14 oz/420 g) sweetened condensed milk
- 1 cup (250 mL) pecans, coarsely chopped
- 2 bananas, thinly sliced
- 1 container (12 oz/360 g) Cool Whip
- 2 graham cracker pie shells
- 1 cup (250 mL) flaked coconut

1. In large mixing bowl, mix milk, bananas, and pecans; stir well.
2. Stir in Cool Whip.
3. Pour into pie shells; sprinkle with coconut; refrigerate at least 6 hours before serving. Makes 2 pies.

—Faye Braun



Miscellaneous

BEAN DIP

This recipe was obtained from an ADA meeting in San Antonio, Texas at the Johnson and Johnson Booth. This dip makes a marvelous burrito filling. Simply spoon the bean dip inside a warm tortilla and roll up. For an even easier bean dip, combine several tablespoons of salsa with tortilla chips.

1/4 cup (50 mL) diced green chilies
1/4 cup (50 mL) tomato sauce or mild chili salsa
4 green onions, chopped
1/4 teaspoon (1 mL) ground cumin
1/2 clove garlic, minced
1 can (30 oz/900 g) refried beans (optional)
Grated low-fat cheese

1. In saucepan, combine chilies, tomato sauce, onions, and seasonings; cook until onions are tender. Add beans; cook about 8 minutes.
2. Serve either hot or cold; top with grated low-fat cheese, if desired. Makes 16 servings.

—Carol Seaborn

EUNICE'S WHIPPED CREAM FROSTING

- 1 cup (250 mL) milk
- 1/4 cup (50 mL) all-purpose flour
- 1 cup (250 mL) sugar
- 1 cup (250 mL) butter, softened
- 1/2 teaspoon (2 mL) vanilla extract

1. In small saucepan, mix milk and flour. Cook slowly over low heat, stirring constantly until thick. Cool in refrigerator.
2. In small mixing bowl, combine sugar and butter; heat until creamy.
3. In medium mixing bowl, mix milk and sugar mixture; beat well. Add vanilla; beating until consistency of whipped cream, about 10-15 minutes. Makes frosting for two 8-9 inch (20x23 cm) layers or 9x13 inch (20x23 cm) pan.

Note: Do not substitute margarine for butter. Keeps well in refrigerator several days. Store well covered.

-Joanne Fruit

ORANGE JULIUS

- 1 can (16 oz/500 g) frozen orange juice,
concentrate, sweetened
- 1 cup (250 mL) milk
- 1 cup (250 mL) water
- 1/2 cup (125 mL) sugar
- 1 teaspoon (5 mL) vanilla extract
- 10-12 ice cubes

1. Place all ingredients in blender. Blend on high speed 30 seconds. Makes 5 to 6 cups.

—Sara Knoll

CARAMEL CORN

- 3-4 quarts (3-4 L) popped popcorn
- 1 cup (250 mL) brown sugar
- 1/2 cup (125 mL) butter
- 1/4 cup (50 mL) corn syrup
- 1/2 teaspoon (2 mL) baking soda

1. Place popcorn in paper bag. In small saucepan, mix sugar, butter, and corn syrup; bring to boil.
2. Add soda to mixture; stir. Pour mixture over popcorn in bag.
3. Fold over top of bag; shake. Microwave on high 90 seconds; shake; repeat heating; shake.
4. Open bag carefully; break large pieces apart.

—Carolyn Barnhart

HUMAN PUPPY CHOW

- 1 bag (12 oz/360 g) semisweet chocolate chips
- 1 cup (250 mL) creamy peanut butter
- 1/4 cup (50 mL) butter
- 1 box (14 oz/420 g) Crispix cereal
- 2-1/2 cups (625 mL) powdered sugar

1. In medium saucepan, melt chips, peanut butter, and butter.
2. Pour melted mixture over cereal; cool 10 minutes.
3. Combine cereal and powdered sugar in brown paper bag; shake until cereal is coated with sugar.

—Sarah Skulstad

RHUBARB-STRAWBERRY JAM

- 5 cups (1250 mL) rhubarb, finely cut
- 3 cups (750 mL) sugar
- 1 package (3 oz/90 g) strawberry gelatin

1. In large saucepan, mix rhubarb and sugar well; boil 10 minutes on low to medium heat, stirring frequently.
2. Remove from heat; add gelatin; mix well.
3. Pour into jars or freezer containers; cool. Refrigerate or freeze.

—Amy Sylla

APPLE SMILES

1 large red apple
1/4 cup (50 mL) creamy peanut butter
20 miniature marshmallows

1. Core apple. Cut into 8 slices.
2. Spread 1-1/2 teaspoons (7 mL) peanut butter on each apple slice.
3. Place 5 marshmallows on one peanut butter side.
4. Top with peanut butter apple slice.

—Carolyn Barnhart

QUICK CRABMEAT APPETIZER

1 package (8 oz/240 g) cream cheese; softened
1/4 cup (50 mL) cocktail sauce
1 package (6 oz/180 g) frozen salad shrimp,
thawed, drained
Crackers or cocktail rye bread

1. Using 9-inch (23 cm) serving plate, spread on thin layer of cream cheese.
2. Pour cocktail sauce over cream cheese; top with crabmeat or shrimp.
3. Serve with crackers or cocktail rye bread slices.

Note: 1 package (8 oz/240 g) imitation crabmeat can be substituted for shrimp.

—Sara Knoll

ICE CREAM IN A CAN

1 egg, beaten
1 cup (250 mL) whole milk
3/4 cup (175 mL) cream
1 teaspoon (5 mL) vanilla extract
Dash of salt
1/4 cup (50 mL) sugar
2 coffee cans (one 13 oz/370 g and
one 39 oz/1170 g)
Ice cubes and rock salt

1. In medium mixing bowl, add egg, milk, cream, vanilla and salt.
2. Add sugar gradually until mixture thickens; mix thoroughly.
3. Pour ingredients into the 13-ounce (370 mL) coffee can; cover with lid.
4. Place 13-ounce (370 g) can into the 39-ounce (1170 g) coffee can; pack ice cubes and rock salt around the 13-ounce (370 g) can.
5. Cover can; use mittens and roll between two people until it becomes ice cream.

—Carolyn Barnhart

SPAGHETTI SAUCE

- 1 medium onion, finely chopped
- 2 pounds (1 kg) ground beef
- 2 cans (15 oz/450 g) tomato sauce
- 2 cans (12 oz/360 g) tomato paste
- 2 envelopes (1.5 oz/45 g) traditional Italian
sauce mix
- 3 cups (750 mL) water
- 1/3 cup (75 mL) sugar
- 1 teaspoon (5 mL) oregano leaves
- 1 teaspoon (5 mL) garlic powder
- 1 bay leaf, crumbled

1. In large Dutch oven, saute onion until tender;
add ground beef; cook until brown. Drain fat.
2. Stir in remaining ingredients.
3. Simmer 1-1/2 hours; stir occasionally.

Note: If using a crockpot; cook on high setting 4 hours.

-Tracy Sand

MICROWAVE CARAMEL CORN

This is a recipe that was passed down by my mom. She would always make it for us while the muppets were on T.V. every Saturday night when we were young.

5 quarts (5 L) popped corn
1/2 cup (125 mL) margarine
1/4 cup (50 mL) light corn syrup
1/2 teaspoon (2 mL) salt
1/2 teaspoon (2 mL) baking soda

1. Spray inside of brown paper bag with non-stick spray. Fill with popped corn.
2. In glass dish, melt margarine; add brown sugar, syrup, and salt; mix together.
3. Heat in microwave for 2 minutes on high.
4. Stir; heat 2 minutes on high.
5. Remove; add soda; stir well and pour over popcorn.
6. Fold bag down and put in microwave for 1-1/2 minutes on high. Remove and shake well.
7. Return to microwave and cook for 1-1/2 minutes. Remove and shake well.
8. Repeat above step; remove and spread on baking sheet; cool.

—Joanne Paukert

TEX MEX DIP

- 2 or 3 medium sized avocados, peeled
- 1 tablespoon (5 mL) lemon juice
- 1/4 teaspoon (1 mL) salt
- 1/8 teaspoon (0.5 mL) black pepper
- 1 cup (250 mL) sour cream
- 1/4 cup (50 mL) mayonnaise
- Tortilla chips
- 1/2 package taco mix
- 1 can (4 oz/120 g) bean dip
- 1/2 bunch green onion, chopped
- 2 ripe tomatoes, chopped, drained
- 1/2 cup (125 mL) black ripe olives, chopped
- 1 cup (250 mL) Cheddar cheese, grated

1. In small mixing bowl, mash avocados; add lemon juice, salt and pepper; set aside.
2. In small mixing bowl, combine sour cream, mayonnaise, and taco mix.
3. On a large platter, assemble from bottom to top, making 7 layers in the following order:
 - Spread bean dip in large circle
 - Layer with avocado mixture, making another circle on top of bean dip
 - Add sour cream mixture to top of avocado mixture
 - Add a layer of onions, tomatoes, and olives
 - Sprinkle cheese over the top
4. Surround platter with tortilla chips.

—*Laura Rudolph*

BEER CHEESE DIP

Great dip for pretzels! Enjoy!

- 1 ounce (30 g) Hidden Valley Ranch Dressing (dry)
- 2 packages (8 oz/240 g) cream cheese
- 4 ounces (120 g) Cheddar cheese, shredded
- 3/4-1 cup (175-250 mL) beer

1. In small bowl, mix dressing, cream cheese, cheese, and beer.
2. Refrigerate 1 hour or longer.

—Theresa Paukert

GUACAMOLE DIP

- 2 medium avocados, peeled, mashed
- 1 tablespoon (15 mL) lemon juice
- 1 package (8 oz/240 g) cream cheese, softened
- 1/4 cup (50 mL) finely chopped onion
- 1/2 teaspoon (2 mL) salt
- 1/4 teaspoon (1 mL) hot pepper sauce
- 1/4 teaspoon (1 mL) garlic salt
- 1 cup (250 mL) chopped tomato
- Tortilla chips

1. In small bowl, mix avocados and lemon juice.
2. Add cream cheese, onion, salt, garlic salt, and pepper sauce; mix well. Stir in tomatoes.
3. Serve with tortilla chips.

—Lori Vavrek

SUPER EASY TACO PARTY DIP

1 head Iceberg lettuce, chopped
2 cans (15 oz/450 g) fat-free refried beans
1 package (1-1/4 oz/48 g) taco seasoning
2-3 medium tomatoes, chopped
1 jar (16 oz/500 g) salsa
1 can (14 oz/420 g) black olives, chopped
Corn chips
Sour cream

1. In large bowl, mix all ingredients. Cover; chill; serve with corn chips and sour cream.

—Karen Greig

EGG ROLLS

A favorite for the 4th of July celebration.

1 head cabbage, shredded
1 pound (500 g) pork
1 pound (500 g) cocktail shrimp (optional)
Five-spice powder to taste
9-10 green onions, chopped
1 can (5 oz/150 g) bamboo shoots, drained
1 can (4 oz/120 g) mushrooms, drained
2 teaspoons (10 mL) soy sauce
1 teaspoon (5 mL) cornstarch
Pepper to taste
1 egg, beaten
20 egg roll skins
Oil for deep fat frying
Sweet and sour sauce

1. In large saucepan, boil cabbage; drain; set aside.
2. In large frying pan, fry pork and shrimp; drain excess fat.
3. Add cabbage, five-spice powder, onions, bamboo shoots, and mushrooms; set aside.
4. In small bowl, mix together soy sauce, cornstarch, and pepper. Add to meat and cabbage mixture; set aside.
5. Using pastry brush, brush both sides of egg roll skins. Place a tablespoon (15 mL) of meat and vegetable mixture on each egg roll skin. Fold opposite corners of skin in; roll up.
6. Deep fry until golden brown. Makes 20 egg rolls.

Note: Five-spice powder can be found in the Chinese section of grocery stores.

—Bonnie Olein

RHUBARB JAM

This jam hasn't won a state fair championship, but has been given rave reviews by all who eat it. For those who don't like rhubarb, this jam doesn't taste like it. Jars of jelly make great gifts.

5 cups (1250 mL) rhubarb, cubed
1/2 cup (125 mL) hot water
5 cups (1250 mL) sugar
1 can (21 oz/630 g) pie filling
1 box (6 oz/180 g) strawberry gelatin
(same flavor as pie filling)

1. In large saucepan, simmer rhubarb in water until tender.
2. Add sugar; bring to a full boil.
3. Add pie filling; boil 5-7 minutes, stirring occasionally.
4. Remove from heat; add strawberry gelatin.
5. Pour into hot, sterile jelly jars. Seal with canning lids and rings.

—Priscilla Field

PERFECT PIE CRUST

3 cups (750 mL) all-purpose flour
1/2 teaspoon (2 mL) salt
1 tablespoon (15 mL) sugar
1-1/2 cups (375 mL) Crisco
1 egg
6 tablespoons (90 mL) water
1 tablespoon (15 mL) cider vinegar

1. Preheat oven to 350°F (180°C).
2. In large mixing bowl, combine flour, salt, sugar. Using pastry blender, finely cut in shortening.
3. In small bowl, beat egg, vinegar, and water; add to flour mixture; mix well.
4. Thinly roll out each crust on heavily floured waxed paper.
5. Bake unfilled crust 20-25 minutes.
6. Bake filled crust at 450°F (230°C) 15 minutes; reduce heat to 350°F (180°C); bake additional 45 minutes.

—John Dosos

HOT CHOCOLATE MIX

- 1 box (8 qt/8 L) nonfat dry milk powder
- 1 box (16 oz/500 g) powdered sugar
- 1 jar (8 oz/240 g) Coffee Mate
- 1 box (16 oz/500 g) Nestle's Quick

1. Mix nonfat dry milk powder, powdered sugar, Coffee Mate and Nestle's Quick in ice cream bucket.
2. Use 1/3 cup (75 mL) of mix for each 8-ounce (250 mL) cup; add hot water; stir.

—Susan Kiel

PEOPLE PUPPY CHOW

- 9 cups (2250 mL) Chex cereal (corn, wheat, or rice)
- 1 cup (250 mL) semisweet chocolate chips
- 1/2 cup (125 mL) creamy peanut butter
- 1/4 cup (50 mL) margarine or butter
- 1 teaspoon (5 mL) vanilla extract
- 1-1/2 cups (375 mL) powdered sugar

1. In large bowl, combine cereals; set aside.
2. In 1-quart (1 L) microwave safe bowl; combine chips, peanut butter, and margarine; microwave on high 1 to 1-1/2 minutes or until smooth; stir after 1 minute; stir in vanilla.
3. Pour mixture over cereal; stir until coated.
4. Add cereal mixture to large plastic bag with powdered sugar; seal; shake well to coat.
5. Spread on waxed paper to cool. Makes 9 cups.

—Sara Knoll

CHILDRENS' WITCHES STEW

Your little "goblins" will enjoy measuring and mixing this tasty, fun treat. It's a great activity for pre-school Halloween parties.

- 1 cup (250 mL) cat's eyes (black jelly beans)
- 1 cup (250 mL) colored flies (M & M's)
- 1 cup (250 mL) butterfly wings (Fritos)
- 1 cup (250 mL) ants (raisins)
- 1 cup (250 mL) earthworms (cheese curls)
- 1 cup (250 mL) cobwebs (any Chex cereal)
- 1 cup (250 mL) snake eyes (salted peanuts)
- 1 cup (250 mL) bat bones (shoestring potatoes or pretzels)

1. In large bowl, mix all ingredients together.

—Debra Sheats

FRUIT PUNCH

- 1 can (12 oz/360 g) frozen orange juice
- 1 can (12 oz/360 g) frozen lemonade
- 1 can (30 oz/900 g) pineapple juice
- 2 cups (500 mL) water
- 2 quarts (2 L) ginger ale
- 1 quart (1 L) 7-Up

1. Chill all ingredients.
2. In container, thoroughly stir juices and water.
3. Stir in ginger ale and 7-Up before serving.
Makes 40 cups.

—Faye Braun

BARBECUE SAUCE FOR SPARERIBS

- 2 tablespoons (30 mL) butter
- 1 medium onion, minced
- 1 small green pepper, chopped
- 2 tablespoons (30 mL) brown sugar, firmly packed
- 2 tablespoons (30 mL) dry mustard
- 1 tablespoon (15 mL) Worcestershire sauce
- 1 teaspoon (5 mL) salt
- 3/4 cup (175 mL) ketchup

1. In medium mixing bowl, mix all ingredients; spread over spareribs.

Note: 1 tablespoon (15 mL) pepper flakes may be substituted for green pepper.

—Connie Galep

HOMEMADE YOGURT

This versatile recipe is calcium and protein enriched because of the ratio of nonfat dry milk to water. It's great for people who need the nutrients and prefer not to drink lots of milk. I often sprinkle the yogurt with granola for breakfast (see Vineyard Granola recipe).

1 can (13 oz/390 g) evaporated milk
5 cups (1250 mL) hot water
4 cups (1 L) nonfat dry milk powder
1/2 cup (125 mL) active culture commercial yogurt
or previously made plain yogurt
Red food coloring (optional)
Sugar (optional)
Sweetened red fruits, strawberries or raspberries
(optional)

1. Mix milk, water, and milk powder. Heat or cool to 115°F (45°C).
2. Stir in yogurt; stir until well blended.
3. Pour into very clean, well rinsed 8-ounce (250 mL) jelly jars and screw on lids.
4. Put jars on rack in a kettle of water which is 115°F (45°C). Adjust water level to be even with yogurt level in jars.
5. Maintain temperature at 110-115°F (43-45°C).
6. Refrigerate. Serve plain or topped with sweetened sliced fruit. Makes 7 cups.

Note: If you prefer some plain yogurt and some colored to serve with fruit, add 1 teaspoon (5 mL) sugar per cup (250 mL) of yogurt. Add food coloring, one drop at a time, until desired color is reached. Stir to dissolve sugar and distribute color evenly. Pour into jars and cover with lids; (process as per directions). I often make 3 cups (750 mL) plain and color the rest. I use the plain for cooking, salad dressings, etc. and eat the colored for breakfast, snack, or dessert.

—Anita Wilson

CREAMY COCONUT FRUIT DRESSING

This tasty dressing is a treat when served with fresh or well drained canned fruit. My favorite combination is kiwi fruit, strawberries, and pineapple. Raspberries, blueberries, grapes, and mandarin oranges could also be used. Enjoy!

- 1 package (8 oz/240 g) cream cheese, softened
- 1 jar (7 oz/210 g) marshmallow cream
- 1 tablespoon (15 mL) milk
- 3/4 teaspoon (4 mL) coconut extract
- 1/2 cup (125 mL) shredded coconut

1. In medium mixing bowl, beat cream cheese, marshmallow cream, milk, and coconut extract.
2. Add coconut; stir. Refrigerate until serving.

—Gladys Earl

VINEYARD GRANOLA

This hearty breakfast cereal is a favorite on Martha's Vineyard where my family has a summer place. It is the perfect energy booster on a crisp, cool morning before cycling to the beach for an active day in the waves. This recipe is much lower in fat and sugar than many commercial recipes. Granola is a great source of soluble fiber.

8 cups (2 L) old fashioned oats, uncooked
1/2 cup (125 mL) light or dark brown sugar
1/2 cup (125 mL) regular or honey toasted wheat germ
1/4 cup (50 mL) flaked coconut
3 tablespoons (45 mL) sesame seeds
1/3 cup (75 mL) chopped pecans, almonds or walnuts
1/4 cup (50 mL) oil
1/3 cup (75 mL) honey
1-1/2 teaspoons (7 mL) vanilla extract
1/3 cup (75 mL) sunflower seeds
Raisins, golden currants, dried cranberries, chopped
dates, dried apricots or dried fruit bits

1. Preheat oven to 350°F (180°C).
2. Heat rolled oats in ungreased 9x13-inch (22x32 cm) pan for 10 minutes.
3. Remove from oven; add brown sugar, wheat germ, coconut, sesame seeds, and nuts. Using tablespoon or pancake turner, stir to mix well.
4. Add oil to liquid glass cup first; add honey; microwave to warm. Vigorously mix in vanilla.
5. Pour warmed oil and honey mixture over warm granola; mix well.
6. Bake 10 minutes; remove from oven; add sunflower seeds, stir.

7. Return to oven for additional 8-10 minutes; stir again. Bake additional 4-5 minutes for more toasted flavor, if desired.
8. Remove from oven; cool; stir to crumble. Store in tightly covered container.
9. Serve for breakfast with dried fruit and milk or homemade yogurt.

—Anita Wilson

CHAI (SPICY INDIAN TEA)

2 cups (500 mL) water
20 cloves
1 teaspoon (5 mL) cardamom
3 black peppercorns
1/2 cup (125 mL) honey
5 cups (1250 mL) milk
2 to 3 cinnamon sticks
2 tablespoons (30 mL) ginger
1 tablespoons (15 mL) peppermint tea

1. In medium saucepan, heat water to boiling.
2. Boil 3 minutes, reduce heat; add remaining ingredients.
3. Heat until just boiling; turn off heat.
4. Cover; steep 10 minutes.
5. Strain before serving. Makes 6 to 7 cups.

Source: *Kripalu Kitchen: A Natural Foods Cookbook and Nutritional Guide*

—Tira Pandolf

STRAWBERRY SHAKE

10 to 12 frozen, unsweetened strawberries
1/2 cup (125 mL) skim milk
1/4 cup (50 mL) non-fat vanilla yogurt
1 teaspoon (5 mL) sugar (optional)

1. In a blender, blend all ingredients until smooth.

Source: Modified from *Fat Free Living Cookbook*

—Angie Miatke

HOLIDAY HERRING

Herring served on a combination of rye-krisps and low-fat Triscuits is our favorite!

1/2 cup (125 mL) low-fat sour cream
1/2 cup (125 mL) light Miracle Whip
1/2 teaspoon (2 mL) sugar
2 tablespoons (30 mL) lemon juice
1/2 teaspoon (2 mL) celery seed
2 cups (500 mL) pickled herring
4 green onions, sliced
1/4 cup (50 mL) diced red pepper

1. In medium bowl, combine sour cream, Miracle Whip, sugar, lemon juice, and celery seed.
2. Add herring, onions, and pepper; stir to coat.
3. Refrigerate. Serve with crackers.

—Anita Wilson

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